# Northwest Territories Traditional Food

*Fact Sheet Series*

Northwest Territories Health and Social Services

Reprint 2002

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## Introduction

Traditional foods are important to the well-being of northerners. The Traditional Food Fact Sheets Series were originally developed as communication tools that depict the nutritional, economic and other benefits of traditional foods.

The fact sheets intended to provide a balanced interpretation of the benefits in light of work going on in the mid-nineties in the area of contaminants and were originally produced through the Arctic Environmental Strategy, by a variety of northern partners. The series has proven to be excellent tools for nutrition education.

The fact sheets continue to be very popular teaching tools in the NWT as well as beyond our borders. They are used by health workers, in schools, by renewable resources officers and by many other organizations and individuals. They are used in classrooms, prenatal nutrition programs, displays, health fairs and on the internet and other programs.

The fact sheets will also be available on the Department of Health and Social Services web site. It is anticipated that once new dietary recommendations are announced, the fact sheets will also be updated to include new information as it becomes available.

Reproduction or adaptation of these fact sheets, provided the source is acknowledged, is encouraged! For more information, visit the Department of Health and Social Services web site, at www.gov.nt.ca.

**What's Inside?**
This booklet contains 49 fact sheets in three series:

- **The Dene/Metis Series** – developed by the Dene and Metis Nations and the Mackenzie Regional Health Services in 1995. The success of this resource served as a prototype for the Inuit Traditional Food Fact Sheet Series. Eleven fact sheets focus on traditional food sources and seven on the nutrients found in these foods.
- **The Inuit Series** – include 20 fact sheets on traditional food sources and six on nutrients found in the traditional food sources of the Inuit and Inuvialuit. This set was developed in 1996.
- **The Pictorial Fact Nutrient Fact Sheets** – produced by the Nutrition Program, Mackenzie Regional Health Service, in 1997. They consist of five sheets outlining nutrients particularly significant for the growth and development of a healthy baby.

## Contents

**Section 1 – The Inuit Traditional Food Fact Sheets**
Caribou, Fish, Arctic Hare, Goose, Duck, Ptarmigan, Wild Plant Greens, Berries, Seal, Walrus, Narwhal, Beluga, Polar Bear, Arctic Char, Muskox, Ground Squirrel, Grizzly Bear, Seaweed, Seafood (scallops, shrimp, sea cucumber), Mussels/Clams/Crabs

**Section 2 – The Dene/Metis Traditional Food Fact Sheets**
Caribou, Moose, Fish, Muskrat, Beaver, Rabbit/Hare, Goose, Duck, Ptarmigan/Grouse, Wild Plant Greens, Berries

*The Traditional Food Fact Sheets describe*:
- Which nutrients are found in these foods;
- Why these foods are good for us;
- How these foods are usually prepared for eating;
- Specific information on how to prepare these foods safely; and
- People and places to contact for more information.

**Section 3 – The Inuit Nutrient Fact Sheets**
Vitamin A, Vitamin C, Calcium, Iron, Protein, Fat

**Section 4 – The Dene/Metis Nutrient Fact Sheets**
Vitamin A, Vitamin C, B Vitamins, Calcium, Iron, Protein, Fat

*The Nutrient Fact Sheets describe:*
- How much of the nutrient is found in different traditional foods;
- How much of the nutrient is good to have in your diet everyday;
- What can happen to your health if you don't get enough of this nutrient;
- How the nutrients help you to stay healthy; and
- People and places to contact more information.

**Section 5 – The Pictoral Nutrient Fact Sheets**
Calcium, Iron, Vitamin A, Vitamin C, Folacin

*The Pictorial Nutrient Fact Sheets describe:*
- Best, better and good sources of each nutrient from a combination of traditional and store bought foods;
- How the nutrients help you to stay healthy;
- How much of the nutrient is good to have in your diet everyday; and
- What can happen to your health if you don't get enough of this nutrient.

Inuit

# Inuit Traditional Food

## *Fact Sheet Series*

# CARIBOU



## CARIBOU IS GOOD FOR US !

Caribou has been an important part of our Inuit diet and culture for generations. Caribou meat and liver are rich in protein and iron. The liver and stomach contents are an important source of Vitamin A. Caribou fat provides us with energy. Most parts of the caribou are eaten, providing us with a rich source of nutrients needed for health.

## WHAT WE KNOW ABOUT CARIBOU:

Most Inuit rely on caribou as a main source of food. Caribou meat is eaten raw, frozen, aged, cooked or dried. The hides are used for clothing and crafts and to sleep on when out on the land. In some regions, caribou provide a source of income to licensed outfitters who guide non-resident hunters for trophy bulls. Caribou is also processed into jerky, sausage, roasts and steaks to sell in stores.

| Body Part / Nutrient Rating | Meat | Blood | Liver | Intestine | Bone Marrow | Stomach Contents | Fat |
|---|---|---|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein | Iron | * Protein<br>Iron<br>Vitamin A | Fat | | | Fat |
| **Good Source** (supplies 15-24% of daily need) | Iron<br>B Vitamins | Protein | | Protein<br>Iron | Iron<br>Fat | Iron<br>Vitamin A | Iron |
| **Fair Source** (supplies 5-14% of daily need) | Fat<br>Calcium | B Vitamins | Fat<br>Calcium | Protein | Protein<br>Fat<br>Vitamin A | Protein<br>Fat<br>B Vitamins<br>Calcium | Protein |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Caribou liver is an excellent source of Protein, Iron and Vitamin A.

## DID YOU KNOW?

- **Caribou meat and liver, eaten raw, frozen, boiled or dried, is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Caribou liver and stomach contents provide us with vitamin A.** Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

- **Caribou liver and blood are excellent sources of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

## PREPARE FOODS SAFELY!

**Brucellosis** is a naturally occuring disease caused by bacteria. It is found in caribou, muskox and reindeer. Infected animals may show signs of swollen joints or body parts. The chances of getting Brucellosis from an infected caribou are low, but can occur.

If you are handling a caribou that might be infected with brucellosis, be sure to follow these steps:

- wear gloves
- do not touch diseased parts
- wash your hands with soap and water after handling the animal
- boil your knife and other tools after butchering
- do not eat any diseased parts of the caribou
- make sure the meat is well cooked
- do not feed diseased parts to dogs

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

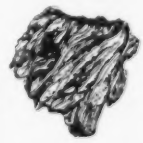
## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

The fat content of caribou meat is very low (1%) when compared to 12-20% for beef, pork and poultry. Eat roast caribou with boiled potatoes and peas for a healthy meal. Serve it with milk or unsweetened juice.



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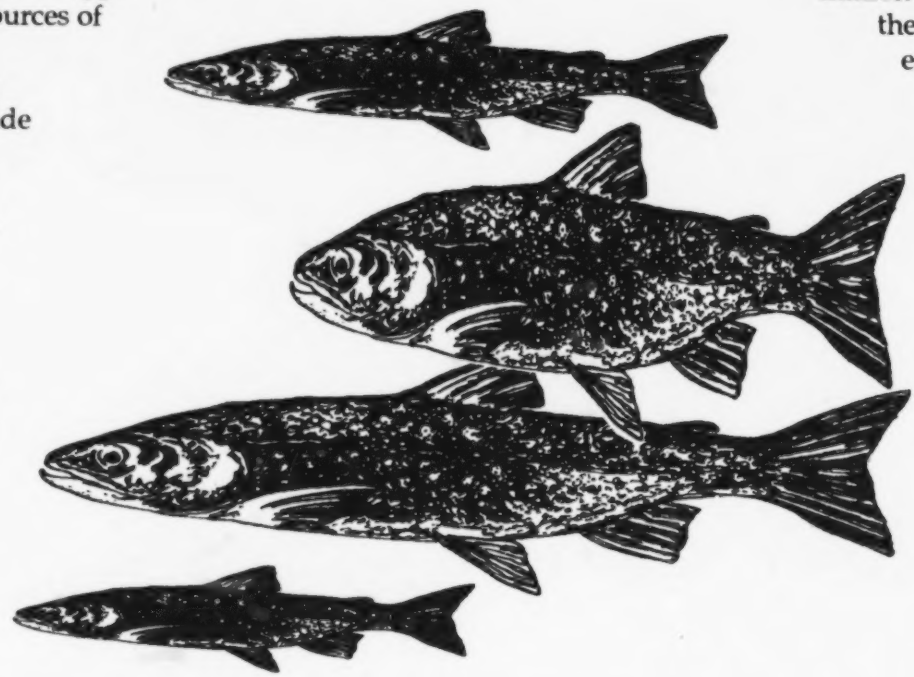
# FISH



## FISH IS GOOD FOR US !

Fish are one of the most important and frequently used traditional food sources. Our northern fish provide important nutrients in our diet. Fish meat and eggs are excellent sources of protein and B vitamins. Fish eggs also provide an excellent source of iron and vitamin C. The liver is an excellent source of vitamin A. Fish head and bones provide a source of calcium, especially when the soft bones are eaten.



## WHAT WE KNOW ABOUT FISH:

Most parts of the fish are eaten, including the meat, eggs, liver, stomach and bones. Fish eggs are enjoyed fresh and many say "they are eating a million fish" when eating the eggs. Fish is eaten raw, frozen, boiled, roasted and dried. Although only one species of fish is shown on this fact sheet, it represents the different kinds of fish that are eaten in the North. There are only small differences in the amounts of nutrients in different kinds of fish.

| Body Part / Nutrient Rating | Meat | Head | Liver | Eggs |
|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>B Vitamins | Protein<br>B Vitamins | Vitamin A<br>Protein<br>Fat | *<br>Protein<br>B Vitamins<br>Vitamin C<br>Fat<br>Iron |
| **Good Source** (supplies 15-24% of daily need) | | Calcium | Iron | |
| **Fair Source** (supplies 5-14% of daily need) | Iron<br>Calcium<br>Fat<br>Vitamin A | Vitamin A<br>Fat<br>Iron | Vitamin C | Calcium |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Fish eggs are an excellent source of Protein, Iron, Fat, B Vitamins, and Vitamin C.

**Note:** This chart represents most fish found in the Northwest Territories including: Trout, Whitefish, Suckers, Grayling, Loche/Burbot, Cisco, Pickeral, Cod, Herring, Pike, Haddock, Inconnu, Coni and Sculpin.

## DID YOU KNOW?

- **Fish meat, head and eggs are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Fish eggs are an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Fatty fish such as trout and char are good sources of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

- **Fish head and bones are a good source of calcium.** We need calcium for strong bones and teeth.

## PREPARE FOODS SAFELY!

- When eating fish raw or raw-frozen be careful with its storage and preparation to avoid food carried illness.
- Some fish may carry worms that can be harmful to humans. These worms are killed by freezing the fish for 24 hours or cooking the fish before eating it.

*Well cooked*

*Frozen*

- Keep fatty fish such as char and trout frozen for 2 months only. Lean fish such as cod and pike and fish fillets can be frozen up to 6 months.
- Fresh fish will stay safe in the refrigerator 1 to 2 days before spoiling.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Boil fish heads in broth and add rice, onion, carrots and frozen peas for a tasty soup. Serve with bannock and a glass of milk or unsweetened juice. Enjoy a piece of fruit for dessert.

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# ARCTIC HARE

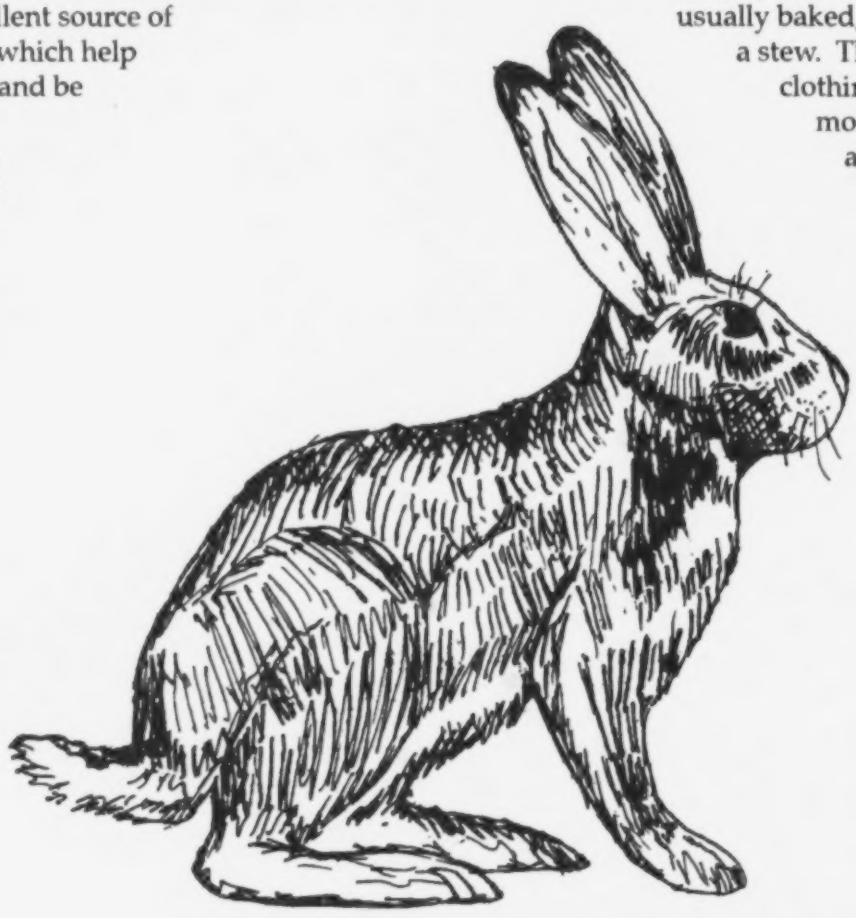


## ARCTIC HARE IS GOOD FOR US !

Arctic hare is an important traditional food that is hunted all year round. The meat provides an excellent source of protein and iron which help our bodies grow and be healthy. The fat content of Arctic hare meat is very low (1%) when compared to beef, pork and poultry (12-20%). Hare is a good meat to eat.

## WHAT WE KNOW ABOUT ARCTIC HARE:

Inuit people trap and freeze arctic hare when there are many available. Arctic hare is usually baked, boiled or cooked in a stew. The fur is used for clothing, trim for mocassins and mitts and for crafts.



| Nutrient Rating / Body Part | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein Iron |
| **Good Source** (supplies 15-24% of daily need) | |
| **Fair Source** (supplies 5-14% of daily need) | Calcium B Vitamins |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Hare meat is an excellent source of Protein and Iron.

## DID YOU KNOW?

- **Arctic hare meat, is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Arctic hare meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Arctic hare meat is an excellent source of B vitamins.** They help our bodies use energy from fat, protein and carbohydrate.

## PREPARE FOODS SAFELY!

- Use safe food handling practices and eat hare meat only when well cooked.
- To store meat, use only clean containers, or bags made for FOOD storage, such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

- Store raw and cooked foods separately. Fresh hare meat can be stored for 1-2 days in a refrigerator and 1-3 months in a freezer.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Hare stew with added carrots and potatoes makes a tasty meal. Serve it with bannock and a glass of milk or unsweetened juice. Have some fruit for dessert.

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# GOOSE

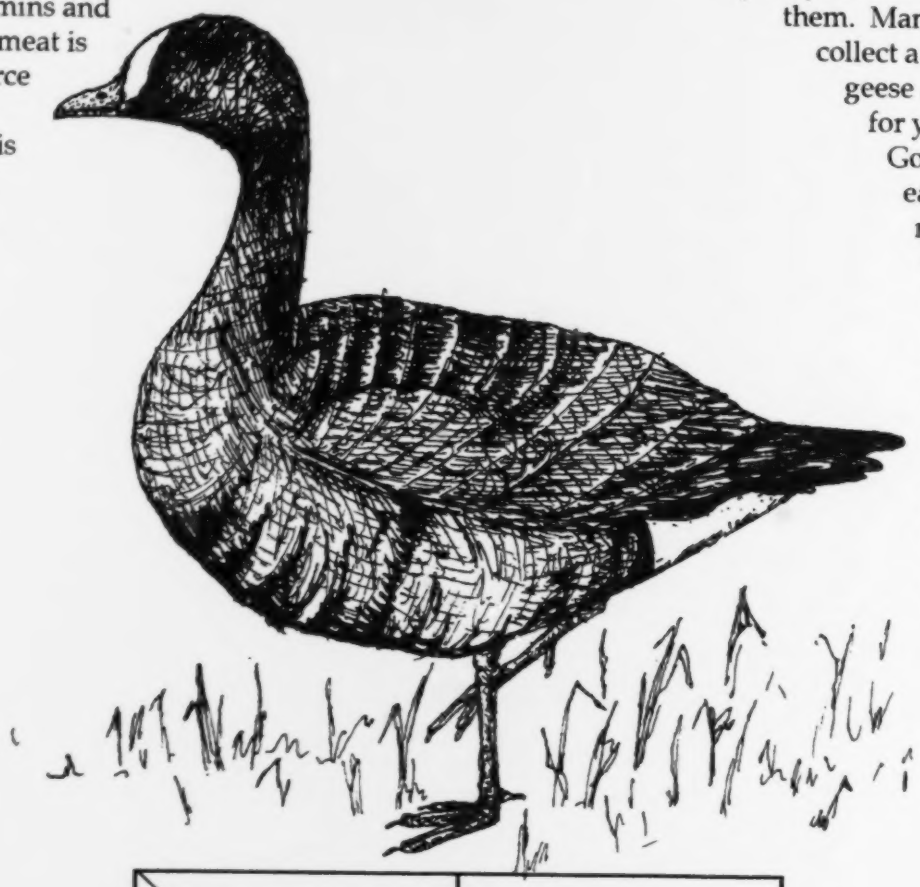


## GOOSE IS GOOD FOR US !

People enjoy eating goose because it means the arrival of spring. They like the taste and juicy texture of goose meat. It provides an excellent source of B vitamins and protein. Goose meat is also a good source of iron and fat. Although there is no nutrient information on goose eggs, they are probably similar in nutrient value to duck eggs. Please refer to the DUCK Nutrition Fact Sheet for more information.

## WHAT WE KNOW ABOUT GOOSE:

In early May hunters enjoy getting out on the land to shoot geese. The geese are just arriving from the south with plenty of meat and fat on them. Many people try to collect a large number of geese and freeze them for year round use. Goose is usually eaten boiled or roasted. People collect fat and oil from the goose to use for dry skin and to maintain a youthful appearance. It is also put on sores to help them heal.



| Nutrient Rating \ Body Part | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | Iron<br>Fat |
| **Fair Source** (supplies 5-14% of daily need) | |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Goose meat is an excellent source of Protein and B Vitamins.

## DID YOU KNOW?

- **Goose meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Goose meat is an excellent source of niacin and riboflavin.** These B vitamins help maintain a normal nervous system and are important for growth and healthy skin and eyes.

- **Goose meat is a good source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

## PREPARE FOODS SAFELY!

- To prevent the spread of bacteria such as **Salmonella,** wash hands after working with raw meat and before handling cooked food.
- To store meat, use only clean containers, or bags made for FOOD storage such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

- Fresh goose should be stored in the refrigerator 1 to 2 days only and up to 6 months in the freezer.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Dried goose meat is high in nutrients. Eat it with bannock, unsweetened juice and some dried fruit for a healthy snack when travelling out on the land.

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# DUCK

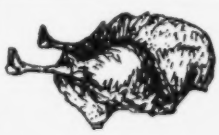


## DUCK IS GOOD FOR US !

Most ducks are migratory birds, present in the North from about May to September. Both duck meat and duck eggs provide important nutrients for health and growth. Duck meat is an excellent source of protein and contains more iron than beef or chicken meat. Duck eggs are an excellent source of vitamin A and iron, and also provide us with protein and B vitamins.

## WHAT WE KNOW ABOUT T DUCKS:

Duck is an important food source throughout the North. Common eiders are year round residents in some arctic locations, however, most ducks are only available from spring to fall. People freeze ducks for use during the winter months. Duck meat is eaten raw, cooked or dried and is lower in fat than store bought chickens. People enjoy the duck meat for its juicy texture and taste. The liver, gizzard and heart of duck are also eaten.

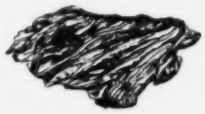
| Body Part / Nutrient Rating |  Meat | Eggs |
|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>Iron<br>B Vitamins (raw meat) | Iron<br>Vitamin A |
| **Good Source** (supplies 15-24% of daily need) | Vitamin C (raw meat)<br>Calcium | Protein<br>B Vitamins |
| **Fair Source** (supplies 5-14% of daily need) | | Fat |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Duck meat is an excellent source of Protein, Iron and B Vitamins.

## DID YOU KNOW?

- **Duck meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Duck meat and eggs are excellent sources of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.



- **Duck eggs are an excellent source of vitamin A** . Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

## PREPARE FOODS SAFELY!

- To prevent the spread of bacteria such as **Salmonella,** wash your hands after working with raw meat and before handling cooked food.
- To store meat, use only clean containers, or bags made for FOOD storage such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

- Fresh duck should be stored in the refrigerator 1 to 2 days only and up to 6 months in the freezer.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Duck meat has about four times as much iron as chicken meat. Roast duck served with frozen green beans and rice makes a nutritious meal.
Drink milk or unsweetened juice with your meal.

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# PTARMIGAN

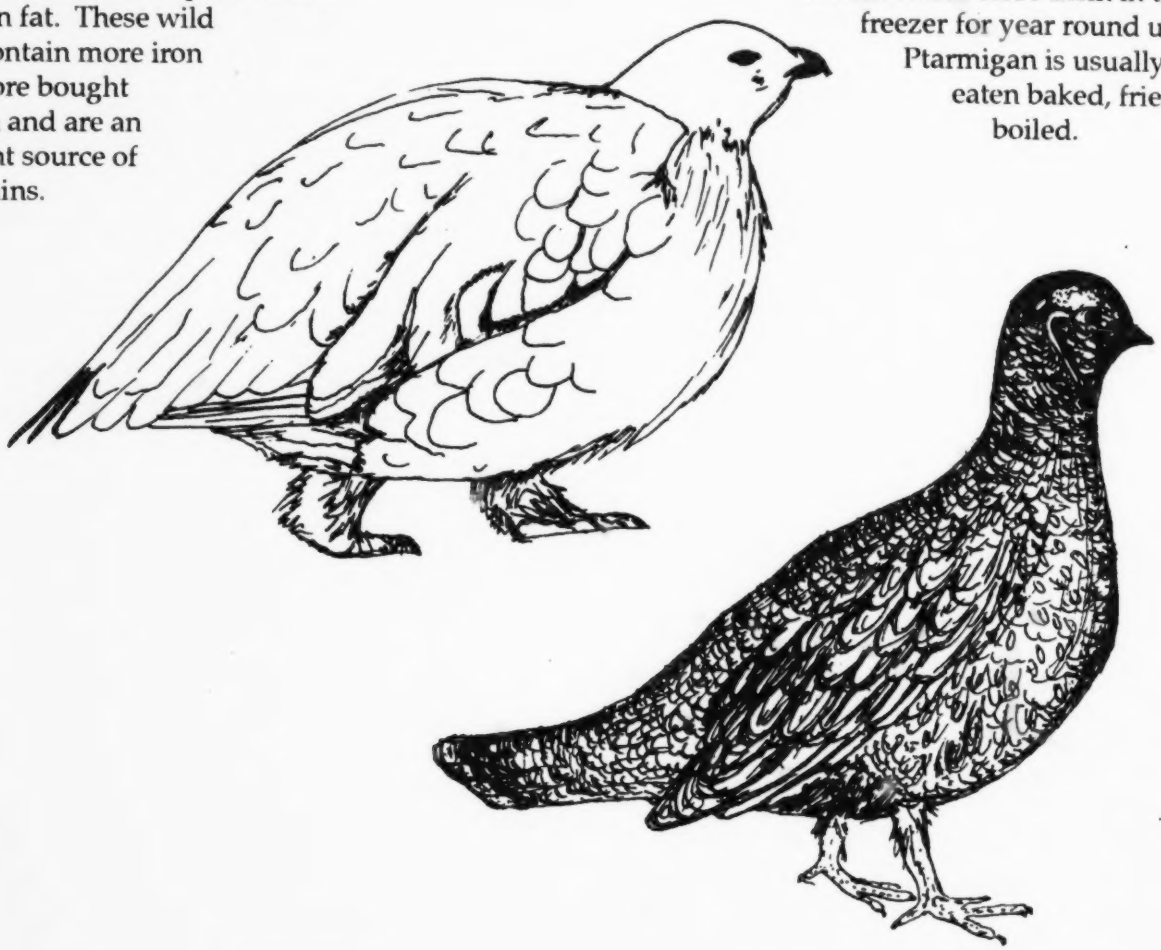


## PTARMIGAN IS GOOD FOR US !

Unlike duck and geese, ptarmigan live year round in the North. Ptarmigan meat is an excellent source of protein and is low in fat. These wild birds contain more iron than store bought chicken and are an excellent source of B vitamins.

## WHAT WE KNOW ABOUT PTARMIGAN:

Ptarmigan are an easy target for hunting and provide nutrient-rich meat. People like to collect and store them in the freezer for year round use. Ptarmigan is usually eaten baked, fried or boiled.



| Body Part / Nutrient Rating | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>Iron<br>B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | |
| **Fair Source** (supplies 5-14% of daily need) | |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Ptarmigan meat is an excellent source of Protein, Iron and B Vitamins.

## DID YOU KNOW?

- **Ptarmigan meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Ptarmigan meat is a good source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Ptarmigan meat is an excellent source of B vitamins.** B vitamins help our bodies use the energy from fat, carbohydrate and protein. They also help us form antibodies that fight sickness.

## PREPARE FOODS SAFELY!

- Use safe food handling practices and eat ptarmigan meat only when well cooked.
- To store meat, use only clean containers, or bags made for FOOD storage such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

- Store raw and cooked foods separately. Fresh ptarmigan meat can be stored in a refrigerator for 1-2 days and in a freezer for 6 months.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

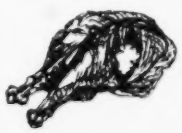
## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Baked ptarmigan served with wild cranberry sauce, frozen peas and rice provides an excellent source of nutrients. Serve it with a glass of milk or unsweetened juice.



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# WILD PLANT GREENS



## WILD PLANT GREENS ARE GOOD FOR US !

Wild greens are gathered in the spring and summer. Willows, mountain sorrel and fireweed provide nutrients such as vitamin A, vitamin C and calcium. These nutrients are important for healthy skin, bones and teeth and to prevent infection. The plants also provide an excellent source of iron and fibre. We need fibre to help prevent diseases such as cancer.

## WHAT WE KNOW ABOUT WILD PLANT GREENS:

Wild plant greens are eaten raw, cooked as a vegetable or added to soups. Some leaves and flowering stems are used in soups as potherbs. When Mountain sorrel is boiled, it adds a tart flavour to cooking. When eaten raw, sorrel leaves have a refreshing flavour and are eaten either rolled into a ball or as a salad.

*mountain sorrel*

*netted willow*

*fireweed*

*arctic willow*

| Plant / Nutrient Rating | Arctic Willow | Mountain Sorrel | Netted Willow | Fireweed |
|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>B Vitamins | *<br>Iron<br>Vitamin C<br>Vitamin A | | *<br>Vitamin C<br>Vitamin A<br>B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | Calcium<br>Protein | | B Vitamins | Iron |
| **Fair Source** (supplies 5-14% of daily need) | | Calcium<br>Protein | Protein | Protein |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Mountain Sorrel is an excellent source of Iron, Vitamin A and Vitamin C.

## DID YOU KNOW?

- **Wild plants are an excellent source of vitamin A and vitamin C**. These vitamins keep our gums, teeth, skin and blood vessels healthy. They also help wounds heal and help our bodies fight sickness.

- **Wild plants are an excellent source of fibre**. We need fibre to help prevent diseases such as cancer.

- **Wild plant greens are an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

## EATING WILD PLANTS:

- Fireweed leaves are often eaten raw with seal blubber or cooked and eaten like spinach.
- Fireweed flowers are eaten raw.
- Boiled Mountain Sorrel adds a tart flavour to cooking.
- Seabeach Sandwort is added to boiling seal meat because of its high salt content.
- Plants such as the Vetch family, have edible roots that are eaten raw or cooked.
- Some plants such as Labrador Tea are brewed and steeped for tea and provide a source of vitamins as a drink.
- Purple saxifrage flowers are eaten where berries are not available.

## HUNTING, FISHING AND GATHERING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Pick young green leaves of willows or fireweed and eat them raw or add them to a salad. They also taste great cooked as a vegetable or added to a soup or stew.

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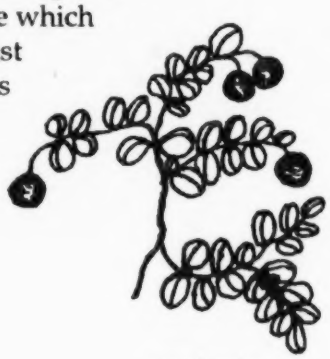
# BERRIES

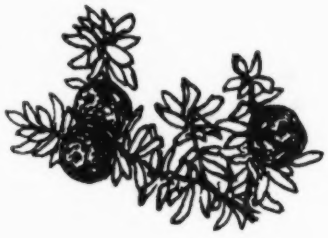


## BERRIES ARE GOOD FOR US !

Berries provide an excellent source of vitamin C to help our bodies resist infection and give us healthy teeth and gums. They also give us fibre which helps protect us against some diseases. Berries provide us with a fair source of energy in the form of carbohydrate. Crowberries or cloudberries may be eaten in a mixture of seal oil and chewed caribou tallow which has the consistency of whipped cream and is referred to as "ice cream".



*cranberries*



*crowberries*

*cloudberries*

## WHAT WE KNOW ABOUT BERRIES:

Picking berries is an activity the whole family can enjoy from summer to fall. Even the short summer months in the Arctic can produce a wide variety of berries; crowberries, blueberries, currants, cloudberries, cranberries gooseberries and raspberries. Berries are eaten when picked or stored frozen and eaten with seal blubber or oil. They are also cooked and eaten as a jam. There may be slight differences in the amount of nutrients among the different berries.

*blueberries*

*gooseberries*

| Nutrient Rating / Plant | Wild Berries * |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Vitamin C |
| **Good Source** (supplies 15-24% of daily need) | Fibre |
| **Fair Source** (supplies 5-14% of daily need) | Carbohydrate |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Wild berries are an excellent source of Vitamin C..

* Berries included in this chart are; currants, cranberries, blueberries (bilberries), gooseberries, cloudberries, crowberries (blackberries), and raspberries.

## DID YOU KNOW?

- **Berries are an excellent source of vitamin C**. Vitamin C keeps our gums, teeth, skin and blood vessels healthy. It also helps wounds heal and helps our body fight sickness.

- **Berries are an excellent source of fibre**. We need fibre to help prevent diseases such as cancer.

- **Freezing destroys very little Vitamin C.** Freeze berries when in season. Some berries can also be dried.

## EATING WILD BERRIES:

- Blackberries or cloudberries may be eaten in a mixture of seal oil and chewed caribou tallow which has been beaten to be like whipped cream, "ice cream".

- The vitamin C content of wild berries is higher than store bought berries.
- Cooked berries make a tasty fruit jam to put on bannock, bread or toast.

## HUNTING, FISHING AND GATHERING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Add berries to bannock or muffins for a great taste and healthy snacks. Mix berries with chopped fruit from the store and make a fresh fruit salad.

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# SEAL

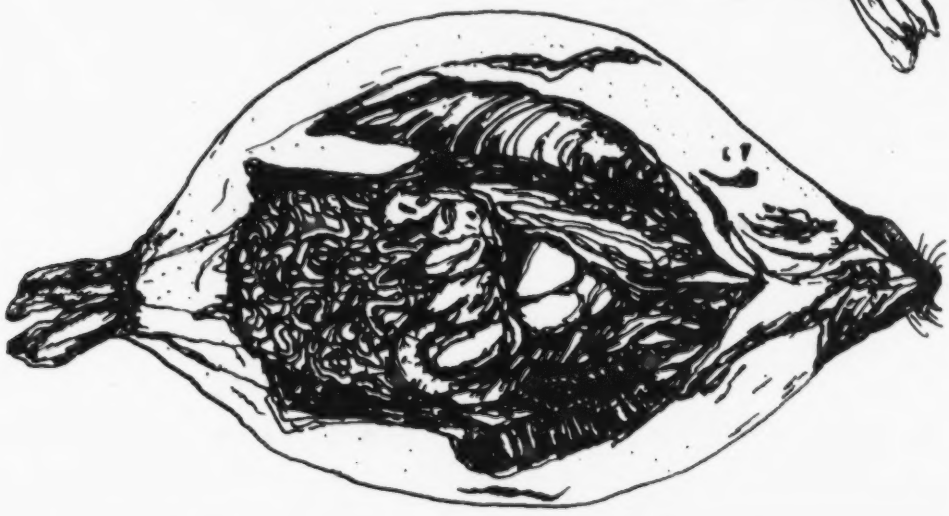


## SEAL IS GOOD FOR US !

Seal is a main food in our diet. Hunting seal is part of a healthy and traditional way of life. Seal meat and organs provide us with an excellent source of protein, iron and some B vitamins. Seal liver and blubber are an excellent source of vitamin A and contain some vitamin C.

## WHAT WE KNOW ABOUT SEAL:

Elders tell us that seal is a "special food" for our people. Seal meat and organs keep us healthy and help to keep us warm. Seal is also used as a medicine to heal the body and soul from sickness. Almost all parts of the seal are eaten. The skin and other parts of the seal are used to make clothing, such as kamiks, in crafts and for fuel oil.



| Body Part / Nutrient Rating | Intestine | Liver | Flippers | Blubber | Meat | Brain | Eyes |
|---|---|---|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein | * Iron Protein Vitamin A | Iron | Fat Vitamin A Omega-3 -fatty acid | Iron Protein B Vitamins | Iron Protein | Vitamin A Protein Iron |
| **Good Source** (supplies 15-24% of daily need) | Iron | Vitamin C | | Iron Vitamin C | | Fat | |
| **Fair Source** (supplies 5-14% of daily need) | Fat | Fat | | Protein | Fat | | |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Seal liver is an excellent source of Iron, Protein and Vitamin A.

## DID YOU KNOW?

- **Seal meat eaten raw, frozen, boiled, dried or aged (fermented), is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Seal liver, blubber and eyes are excellent sources of vitamin A.** Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

- **Most parts of the seal are excellent sources of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

## PREPARE FOODS SAFELY!

**Botulism** is a type of poisoning that people can get from food. If a food with botulism germs is stored at *warm temperatures* in a container *without air*, these germs can grow into a poison.

**To prevent Botulism poisoning**, seal should be aged in a very cool place. Store it in containers which allow air in. If the meat is being aged in oil, stir often to let the meat contact the air. Ask your Health Centre for more information.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

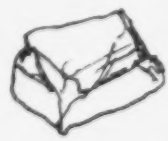
## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Seal fat can be used as a dip with seaweed, fish or meats such as dried caribou. Mix the fat with berries to make "ice cream" or to preserve the berries.



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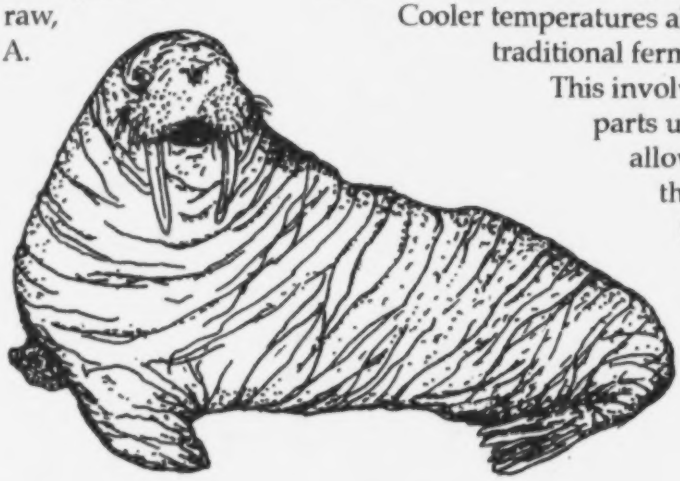
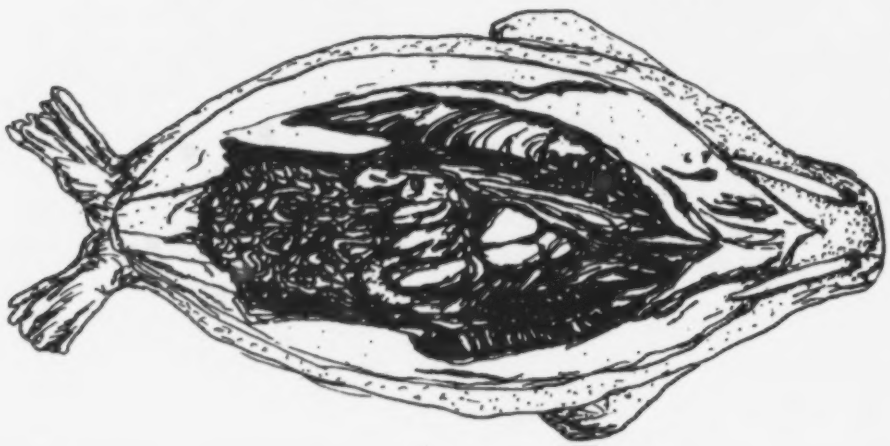
# WALRUS



## WALRUS IS GOOD FOR US !

Walrus meat is an excellent source of protein and iron. Walrus blubber eaten raw, aged or boiled is rich in vitamin A. It also contains omega-3 fatty acids, which help prevent heart disease and may help prevent cancer. The skin (kauk) of the walrus, is an excellent source of protein.





## WHAT WE KNOW ABOUT WALRUS:

Walrus are hunted when there is open water. Cooler temperatures allow for the use of traditional fermentation methods. This involves burying walrus parts under gravel, which allows air to flow through, and leaving them to age. Walrus meat, blubber and skin (kauk) are eaten aged, raw or boiled. The tusks are used for carving and the skins are used for kamik coverings, clothing, bags and crafts.

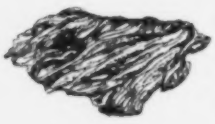
| Body Part / Nutrient Rating | Meat | Blubber | Skin | Flippers |
|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>Iron<br>B Vitamins | *<br>Vitamin A<br>Fat<br>Protein | Protein | Iron (skin) |
| **Good Source** (supplies 15-24% of daily need) | | Omega-3 fatty acid | | |
| **Fair Source** (supplies 5-14% of daily need) | Fat | Iron | Iron<br>Vitamin A<br>Fat | Iron (blubber) |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Walrus blubber is an excellent source of Vitamin A, Fat, and Protein.

## DID YOU KNOW?

- **Walrus meat, skin (kauk) and blubber are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Walrus meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.



- **Walrus blubber is an excellent source of vitamin A.** Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

- **Walrus blubber is a good source of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

## PREPARE FOODS SAFELY!

**Botulism** is a type of poisoning that people can get from food. If a food with botulism germs is stored at *warm temperatures* in a container *without air*, these germs can grow into a poison.

**To prevent Botulism poisoning**, walrus should be aged in a very cool place. Store it in containers which allow air in. If the meat is being aged in oil, stir often to let the meat contact the air. Ask your Health Centre for information.

Walrus may also carry the roundworm that causes the infection in humans called **Trichinosis**. To prevent Trichinosis, make sure meat is well cooked.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Cook walrus meat with potatoes, onions and carrots for a healthy stew. Serve with bannock and a glass of milk. Try some fresh fruit or berries for dessert.

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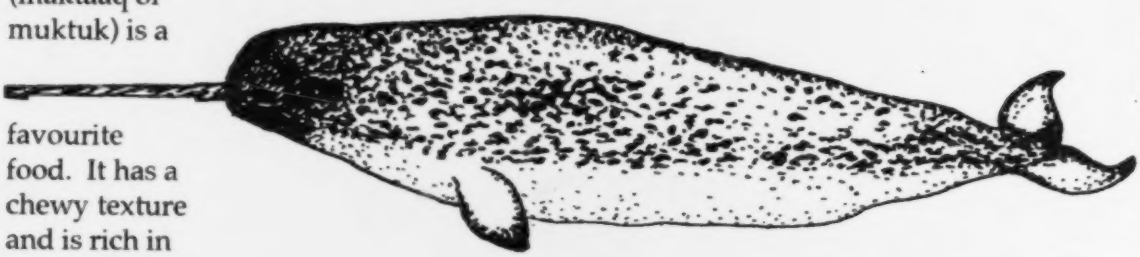
# NARWHAL



## NARWHAL IS GOOD FOR US !

Dried narwhal meat is an excellent source of protein and iron. Narwhal blubber, eaten raw, aged or boiled is an excellent source of vitamin A. The blubber also contains omega-3 fatty acids which help prevent heart disease and may help prevent cancer. Narwhal skin (maktaaq or muktuk) is a favourite food. It has a chewy texture and is rich in vitamin A and protein.



## WHAT WE KNOW ABOUT NARWHAL:

When narwhal are hunted, most people like to eat the fresh skin (maktaaq or muktuk) first. Narwhal meat is eaten dried. The skin and blubber are eaten raw, aged, cooked or boiled in soup or stew. Traditionally, the blubber was used as oil for lamps and the hides were used for covering whale boats and in making boot soles. The ivory tusks and the backbone are used for carving.

| Body Part / Nutrient Rating | Meat | Blubber | Flippers | Skin |
|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>Iron | Vitamin A<br>Fat | Protein | *<br>Vitamin A<br>Protein |
| **Good Source** (supplies 15-24% of daily need) | Fat | Iron<br>Omega-3 fatty acid | Vitamin A | |
| **Fair Source** (supplies 5-14% of daily need) | | Protein | | Iron |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Narwhal skin is an excellent source of Vitamin A and Protein.

## DID YOU KNOW?

- **Narwhal meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Narwhal meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

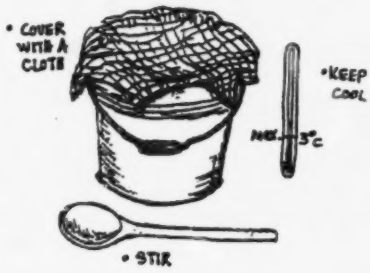
- **Narwhal blubber and skin (muktuk or maktaaq) are excellent sources of vitamin A.** Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

- **Narwhal blubber is an excellent source of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

## PREPARE FOODS SAFELY!

**Botulism** is a type of poisoning that people can get from food. If a food with botulism germs is stored at *warm temperatures* in a container *without air*, these germs can grow into a poison.

**To prevent Botulism poisoning**, narwhal should be aged in a very cool place. Store it in containers which allow air in. If the meat is aged in oil, stir often to let the meat contact the air. Ask your Health Centre for more information.




## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

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## HEALTHY EATING!

Eat dried narwhal meat dipped in seal fat. Add rice and carrots and a glass of milk or unsweetened juice for a healthy meal.

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# BELUGA

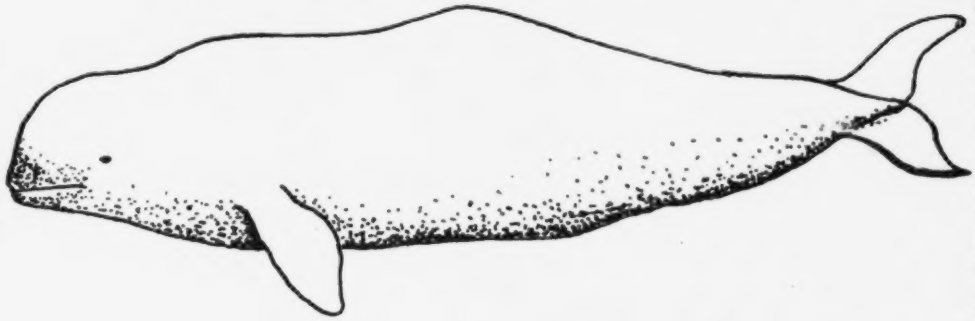


## BELUGA IS GOOD FOR US !

In the Inuit culture food is shared. This means that when a whale is killed, the community members will eat healthy food. Most people like the skin (maktaaq or muktuk) best. It is an excellent source of protein. Dried beluga meat is an excellent source of iron and protein. Beluga blubber is a good source of protein and omega- 3 fatty acids which help prevent heart disease and may help prevent cancer.

## WHAT WE KNOW ABOUT BELUGA:

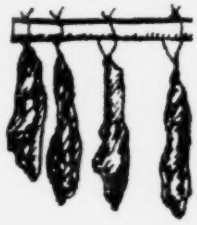
Beluga skin (maktaaq or muktuk), meat and blubber are eaten raw, aged, dried cooked or boiled in soups or stews. The aging of blubber, skin and meat is a traditional practice used to develop a desirable flavour. In the past, whale skins were used to cover boats. Now the skin, eaten raw, aged or cooked is the favourite part of the mammal. The bones near the flipper (cartilage) are also very well liked. The oil from the whale blubber is used for fueling lamps.



| Body Part / Nutrient Rating | Meat | Blubber | Skin |
|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Iron<br>Protein | Fat | Protein |
| **Good Source** (supplies 15-24% of daily need) | | *<br>Protein<br>Omega-3 fatty acid | |
| **Fair Source** (supplies 5-14% of daily need) | Fat | Iron | Fat<br>Vitamin A |

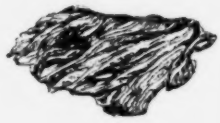
***AN EXAMPLE OF HOW TO READ THIS CHART:** Beluga blubber is a good source of Omega-3 fatty acids and Protein.

## DID YOU KNOW?



- **Beluga meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Beluga meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.



- **Beluga blubber is a good source of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

## PREPARE FOODS SAFELY!

**Botulism** is a type of poisoning that people can get from food. If a food with botulism germs is stored at *warm temperatures* in a container *without air*, these germs can grow into a poison.

**To prevent Botulism poisoning**, beluga should be aged in a very cool place. Store it in containers which allow air in. If the meat is aged in oil, stir often to let the meat contact the air. Ask your Health Centre for more information.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Dried beluga meat is a great snack for travelling on the land. Serve beluga muktuk with rice, vegetables and a glass of milk or unsweetened juice for a healthy meal.

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# POLAR BEAR

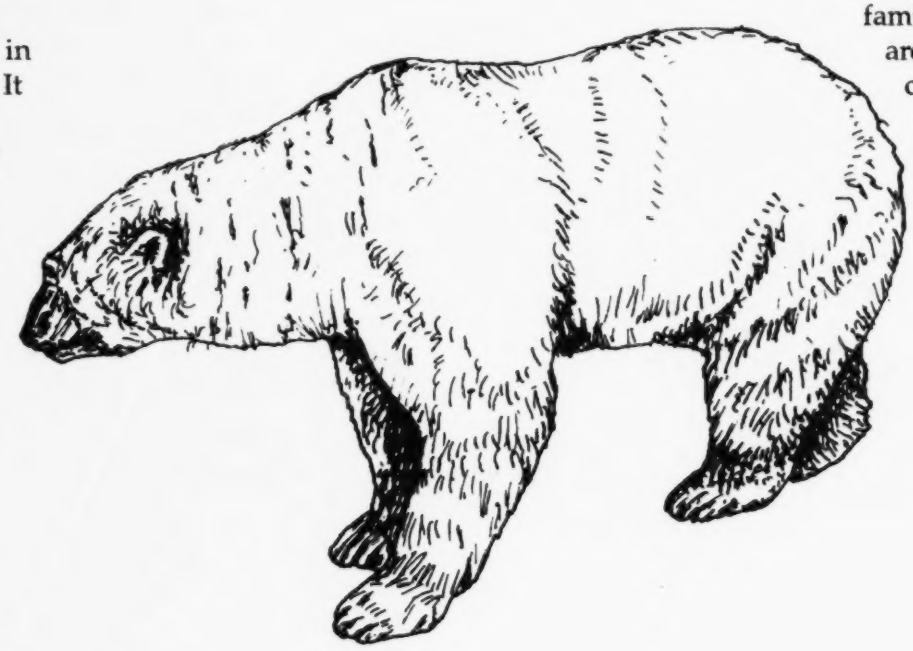


## POLAR BEAR IS GOOD FOR US !

Polar bear meat is an excellent source of iron and protein. Polar bear fat provides us with vitamin A and omega-3 fatty acids. These fatty acids help to reduce the risk of heart disease. Polar bear meat is usually baked or boiled in a soup or stew. It is never eaten raw. Polar bear liver contains toxic levels of vitamin A and should not be eaten.

## WHAT WE KNOW ABOUT POLAR BEAR:

Polar bear sport hunting is an important source of income. Tourists will pay a high price to go on a polar bear hunt by dog sled. The sale of polar bear pelts also adds to the income of many Inuit families. The pelts are used to make clothing, and the teeth and claws are used in making jewelry.



| Body Part / Nutrient Rating | Meat | Fat |
|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Iron Protein | Vitamin A Fat |
| **Good Source** (supplies 15-24% of daily need) | | Omega-3 fatty acid |
| **Fair Source** (supplies 5-14% of daily need) | | Iron Protein |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Polar bear meat is an excellent source of Iron and Protein.

## DID YOU KNOW?

- **Cooked polar bear meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Polar bear fat is an excellent source of vitamin A**. Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

- **Polar bear meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Polar bear fat is a good source of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

## PREPARE FOODS SAFELY!

**Trichinosis** is an infection caused by roundworms, found in raw or under cooked polar bear meat.

**To prevent Trichinosis**, make sure polar bear meat is well cooked. Aging or freezing do not destroy the worms found in meat with these worms.

*Well cooked*

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Cook polar bear meat and add potatoes and carrots for a healthy stew. Serve with bannock and a glass of milk or unsweetened juice.

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# ARCTIC CHAR



## ARCTIC CHAR IS GOOD FOR US !

Arctic char is the most northern freshwater fish and a favourite food of our people. Char meat, head and eggs are excellent sources of protein and B vitamins. Dried char contains omega-3 fatty acids which help prevent heart disease. The skin and head of char provide a source of calcium, especially when the soft bones are eaten.

## WHAT WE KNOW ABOUT ARCTIC CHAR:

Arctic char is one of the best game fish in the world. Sport fishing brings many tourists to the North and provides northerners with jobs as fishing guides and outfitters. Char is also fished commercially, creating local jobs; drying, smoking and canning char for non-local markets. Char is eaten raw, frozen, dried, aged or cooked.

| Body Part / Nutrient Rating | Meat | Skin | Head | Eggs |
|---|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein B Vitamins | Protein Iron Calcium Fat | Protein B Vitamins | Protein Vitamin C Fat Iron B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | Omega-3 fatty acid | | Calcium | |
| **Fair Source** (supplies 5-14% of daily need) | Fat Vitamin A Iron | | Vitamin A Fat Iron | Calcium |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Char meat is an excellent source of Protein and B Vitamins.

## DID YOU KNOW?

- **Char meat, skin, head and eggs are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Dried char meat and char skin are excellent sources of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Dried char meat is a good source of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.

- **Char skin and heads are a good source of calcium.** We need calcium for strong bones and teeth.

## PREPARE FOODS SAFELY!

Many Inuit people eat their fish raw or raw-frozen and must be careful with its storage and preparation to avoid food carried illness. Some fish may carry worms that can be harmful to humans. These worms are killed by freezing the fish for 24 hours or cooking the fish before eating it. It is best to keep fatty fish such as char and trout frozen for only 2 months. Fresh fish will stay safe in the refrigerator 1 to 2 days before spoiling.

*Well cooked*

*Frozen*

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Bake char steaks and serve them with rice, peas and a glass of milk or unsweetened juice for a healthy meal. Dried fish is a great snack when travelling on the land.

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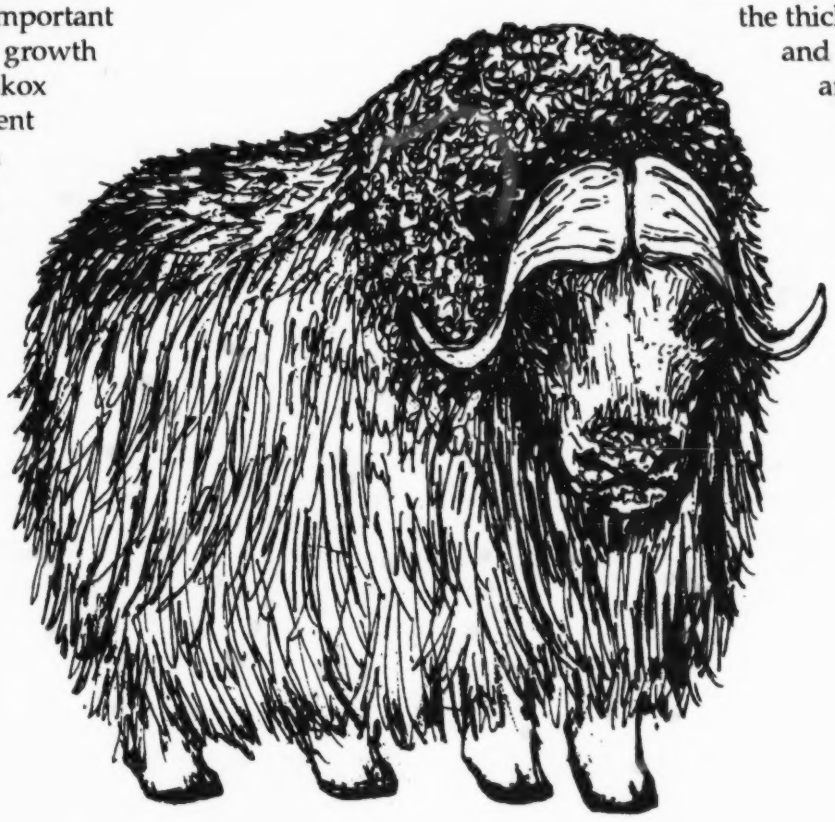
# MUSKOX



## MUSKOX IS GOOD FOR US !

Although muskox is not as important as caribou as a food source, it is still used for both food and crafts. Muskox provides many important nutrients for our growth and health. Muskox meat is an excellent source of protein and iron. It also provides a good source of B vitamins, which help our bodies use energy.



## WHAT WE KNOW ABOUT MUSKOX:

Inuit hunt muskox under a quota system to protect the number of animals. People hunt the animals for food and use the thick hides for blankets and rugs. Some muskox are hunted by sport hunters providing income to Inuit guides. The inner wool or qiviut of the muskox is used for weaving and knitting. These woven goods bring high prices because the wool is very soft and warm.

| Body Part / Nutrient Rating | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>Iron |
| **Good Source** (supplies 15-24% of daily need) | B Vitamins |
| **Fair Source** (supplies 5-14% of daily need) | Vitamin C |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Muskox meat is an excellent source of Protein and Iron .

## DID YOU KNOW?

- **Muskox meat, is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Muskox meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Muskox meat is a good source of B vitamins.** B vitamins help our bodies use the energy from food. They also help us form antibodies that fight sickness.

## PREPARE FOODS SAFELY!

**Brucellosis** is a naturally occurring disease caused by bacteria. It is found in caribou, muskox and reindeer. Infected animals may show signs of swollen joints or body parts. The chances of getting Brucellosis from an infected muskox are low, but can occur.

If you are handling a muskox that might be infected with brucellosis, be sure to follow these steps:

- wear gloves
- do not touch diseased parts
- wash your hands with soap and water after handling the animal
- boil your knife and other tools after butchering
- do not eat any diseased parts of the muskox
- make sure the meat is well cooked
- do not feed diseased parts to dogs

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

The fat content of muskox meat is very low (1-2%) when compared to 12-20% for beef, pork and poultry. Ground muskox meat makes great burgers or sausage. Serve them with cabbage salad and a glass of milk or unsweetened juice.

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# GROUND SQUIRREL



## GROUND SQUIRREL IS GOOD FOR US !

Ground squirrel meat provides us with an excellent source of protein and iron which helps our bodies grow and be healthy. Ground squirrel meat is also an excellent source of vitamin A, which our bodies need for healthy skin, bones and teeth.

## WHAT WE KNOW ABOUT GROUND SQUIRREL:

Ground squirrels hibernate from September to April or May. They are only available to hunt and eat in the early summer months. Ground squirrel is usually eaten baked, boiled or in a stew. For boiling, the carcus is usually cut in half and boiled until the meat falls off the bones. The soft fur is used for making warm parka linings and mitts.

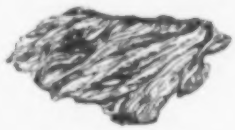
| Nutrient Rating \ Body Part | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>Iron<br>Vitamin A |
| **Good Source** (supplies 15-24% of daily need) | B Vitamins |
| **Fair Source** (supplies 5-14% of daily need) | Fat |

*AN EXAMPLE OF HOW TO READ THIS CHART: Ground squirrel is an excellent source of Protein, Iron and Vitamin A.

## DID YOU KNOW?

- **Ground squirrel meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Ground squirrel meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.



- **Ground squirrel meat is an excellent source of vitamin A.** Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

## PREPARE FOODS SAFELY!

- Use safe food handling practices and eat ground squirrel meat only when well cooked.
- To store meat, use only clean containers, or bags made for FOOD storage such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

- Store raw and cooked foods separately. Fresh ground squirrel meat can be stored in a refrigerator for 1-2 days and in a freezer for 6 months.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

The fat content of ground squirrel meat is very low (3-4%) when compared to 12-20% for beef, pork and poultry.

Boil ground squirrel with carrots and onions. Serve it with bannock and a glass of milk or unsweetened juice.

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# GRIZZLY BEAR



## GRIZZLY BEAR IS GOOD FOR US !

Grizzly bear meat provides an excellent source of protein and iron which helps our bodies grow and be healthy. Bear meat is usually eaten baked or boiled and is never eaten raw. Bear meat should always be eaten well cooked to avoid the disease known as Trichinosis.

## WHAT WE KNOW ABOUT GRIZZLY BEAR:

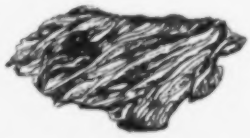
On the barren grounds, only aboriginal people are allowed to hunt grizzly bears. Hunting is for subsistence only, except in a few cases where small community quotas have been established. Hunters use these quotas for outfitting and guiding or to harvest the bear and sell the hide. Hides are used for rugs or komatik liners and the bear claws are used for jewellry and crafts.

| Body Part / Nutrient Rating | Meat |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Protein<br>Iron<br>B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | Fat |
| **Fair Source** (supplies 5-14% of daily need) | |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Grizzly bear meat is an excellent source of Protein and Iron.

## DID YOU KNOW?

- **Grizzly bear meat is an excellent source of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.



- **Grizzly bear meat is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Grizzly bear meat is an excellent source of B vitamins.** These B vitamins help our bodies use energy.

## PREPARE FOODS SAFELY!

- **Trichinosis** is an infection caused by roundworms, found in raw or under cooked bear meat.
- **To prevent Trichinosis**, make sure bear meat is well cooked. Aging or freezing does not destroy the worms found in meat.

*Well cooked*

- To store meat, use only clean containers, or bags made for FOOD storage, such as "freezer bags". Green garbage bags are chemically treated for garbage use only.

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

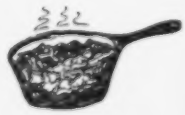
## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Boiled bear meat, in a stew with potatoes and carrots and served with bannock, provides many nutrients for good health. Drink a glass of milk or unsweetened juice with your meal.



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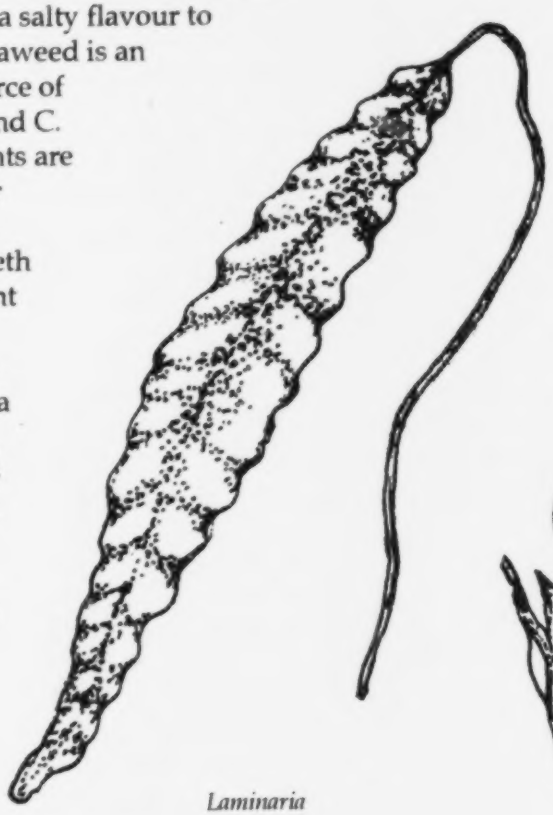
# SEAWEED

## SEAWEED IS GOOD FOR US !

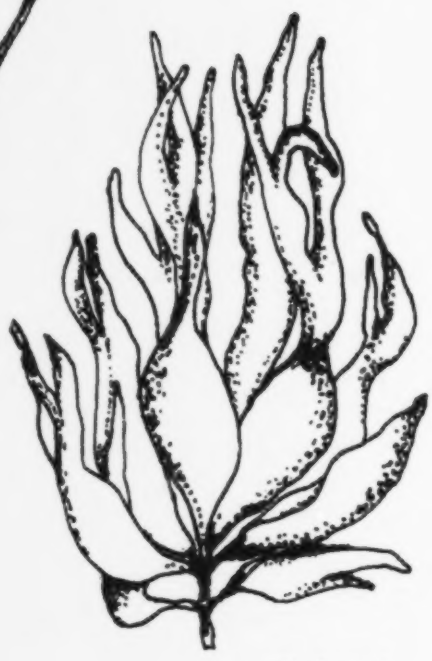
Seaweed is usually eaten raw or boiled as a vegetable. It is also boiled with seal meat adding a salty flavour to the broth. Seaweed is an excellent source of vitamins A and C. These nutrients are important for healthy skin bones and teeth and to prevent sickness. These plants also provide a good source of B vitamins and calcium. Calcium is needed for strong bones and teeth.



*Laminaria*

## WHAT WE KNOW ABOUT SEAWEED:

Seaweed does not usually grow along the shoreline areas because the ice scrapes it away. It may be found where there are leads in the ice. Then it is picked and eaten raw or taken home to cook or dry. Many like it dipped in boiled seal meat broth. Some people are looking at ways to produce and sell seaweed as a northern food. There are several types of seaweed growing in the Arctic, all with slightly different nutrient values.



*Rhodymenia*

| Plant / Nutrient Rating | Seaweed |
|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | * Vitamin C<br>Vitamin A |
| **Good Source** (supplies 15-24% of daily need) | Calcium<br>Iron<br>B Vitamins |
| **Fair Source** (supplies 5-14% of daily need) | |

***AN EXAMPLE OF HOW TO READ THIS CHART:**
Seaweed is an excellent source of Vitamin A and Vitamin C.

## DID YOU KNOW?

- **Seaweed is an excellent source of vitamin A and vitamin C**. These vitamins keep our gums, teeth, skin and blood vessels healthy. They also help wounds heal and help our bodies fight sickness.

- **Seaweed is a good source of calcium.** We need calcium for strong bones and teeth.

- **Seaweed is a good source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

## EATING SEAWEED:

- Seaweed may be eaten fresh on its own or in salads.
- Seaweed is added to boiled seal meat broth to add salt to the taste of the soup or stew. It also adds a nutrient-rich vegetable to the meal.
- Dip seaweed in boiled seal meat broth for a great taste.
- Seaweed can be cooked in water and eaten as a vegetable.

- Dried seaweed is full of nutrients for good health. Drying is a good way to preserve seaweed for eating later.

## HUNTING, FISHING AND GATHERING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Stir-fry seaweed with seal meat and serve it on rice. Drink a glass of milk or unsweetened juice with your healthy meal. Have some berries or a piece of fruit for dessert.

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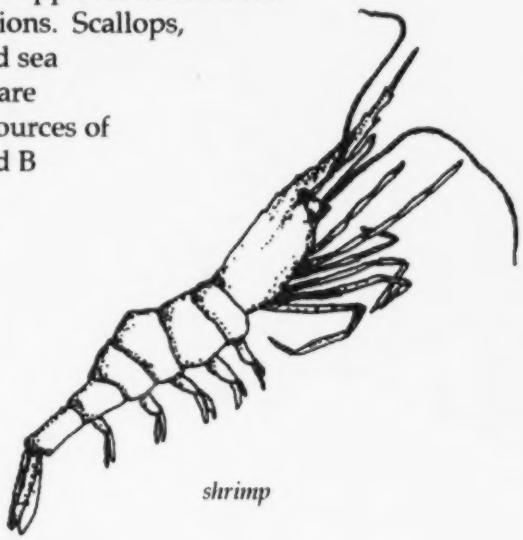
# SEAFOOD

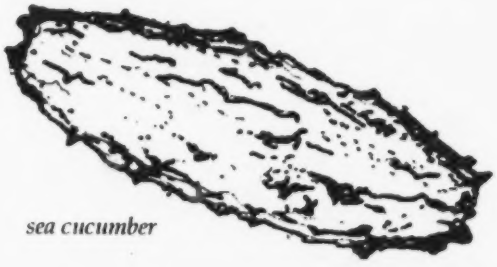


## SCALLOPS, SHRIMP AND SEA CUCUMBER ARE GOOD FOR US !

Some seafood is available locally and others are shipped to stores from other locations. Scallops, shrimp and sea cucumber are excellent sources of protein and B vitamins. Shrimp is also an excellent source of iron.



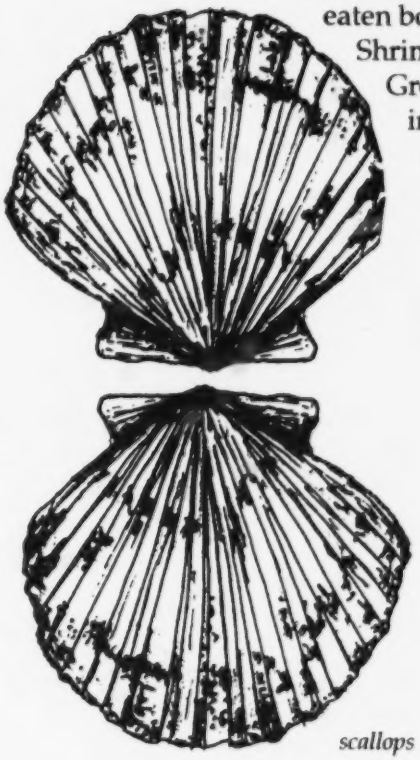
*shrimp*



*sea cucumber*

## WHAT WE KNOW ABOUT SCALLOPS, SHRIMP AND SEA CUCUMBER:

Scallops are caught in Pangnirtung in the summer and shipped to other communities. They are eaten boiled or fried. Shrimp from Greenland are sold in the store. These precooked shrimp are eaten fried, boiled or just warmed. Sea cucumbers are caught in Sanikiluaq with a net through a hole in the ice. People eat them raw or boiled.



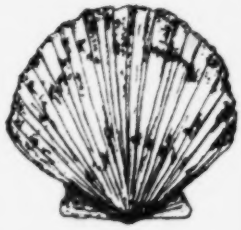
*scallops*

| Species / Nutrient Rating | Scallop | Shrimp | Sea Cucumber |
|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>B Vitamins | *<br>Protein<br>Iron<br>B Vitamins | Protein<br>B Vitamins |
| **Good Source** (supplies 15-24% of daily need) | | | |
| **Fair Source** (supplies 5-14% of daily need) | Vitamin C<br>Vitamin A | Iron<br>Vitamin A | Calcium<br>Vitamin C<br>Vitamin A |

***AN EXAMPLE OF HOW TO READ THIS CHART:** Shrimp are an excellent source of Protein, Iron and B Vitamins.

## DID YOU KNOW?

- **Scallop, shrimp and sea cucumber are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.



- **Shrimp is an excellent source of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

- **Scallop, shrimp and sea cucumber are excellent sources of some B vitamins.** We need B vitamins to help our bodies use the energy from food.

## PREPARE FOODS SAFELY!

- **Salmonella** is a bacterial germ carried to people by eating under-cooked food such as seafood, or food from polluted waters. To help prevent Salmonella, keep work areas clean and store raw and cooked foods separately.
- Fresh seafood should only be kept in the refrigerator 1-2 days.
- For the best quality, seafood should only be kept frozen 2-4 months. To store seafood, use only clean containers, or bags made for FOOD storage such as "freezer bags".

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Boil shrimp or scallops in broth and add vegetables for a nutritous soup. Serve it with bannock. Fresh shrimp tastes great in a salad with lettuce or added to a cold macaroni salad.

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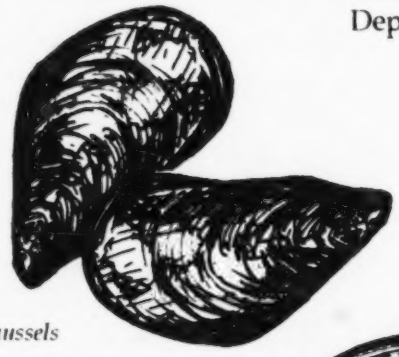
# MUSSELS/CLAMS/CRABS

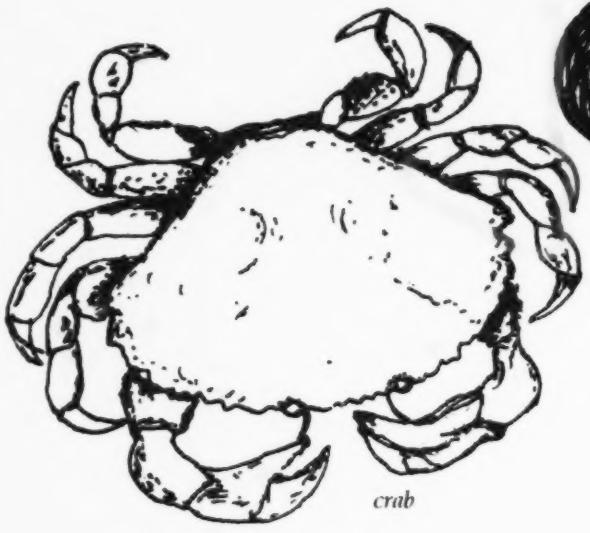


## MUSSELS, CLAMS AND CRABS ARE GOOD FOR US !

Local mussels, clams and crabs are excellent sources of protein that our bodies need for growth. Mussels and clams are also an excellent source of iron and vitamin C, and contain some B vitamins. These B vitamins help our body use energy from protein fat and carbohydrates. Mussels, clams and crabs are also available in cans from the store.



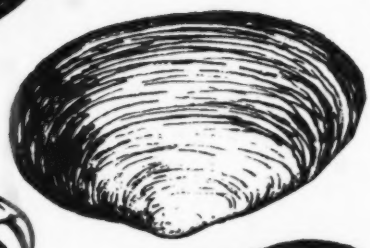
*blue mussels*



*crab*

## WHAT WE KNOW ABOUT MUSSELS, CLAMS AND CRABS:

Depending on the location, locally caught mussels, clams and crabs are dug out of the sand in the summer and fall, or caught with a net through a hole in the ice year round. People eat them either raw, fried or boiled. When they are only available in the summer they are considered a delicacy.

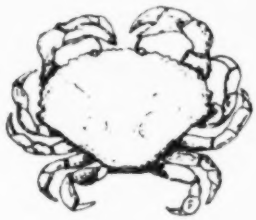


*clams*

| Species / Nutrient Rating | Mussels | Clams | Crab |
|---|---|---|---|
| **Excellent Source** (supplies 25% or more of daily need) | Protein<br>Iron<br>Vitamin C<br>B Vitamins | *<br>Protein<br>Iron<br>Vitamin C | Protein |
| **Good Source** (supplies 15-24% of daily need) | | B Vitamins | |
| **Fair Source** (supplies 5-14% of daily need) | Calcium<br>Vitamin A | Calcium<br>Vitamin A | Calcium<br>Iron |

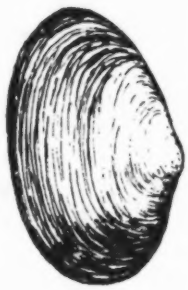
***AN EXAMPLE OF HOW TO READ THIS CHART:** Clams are an excellent source of Protein, Iron and Vitamin C.

## DID YOU KNOW?



- **Mussels, clams and crab are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

- **Mussels and clams are excellent sources of iron.** Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.



- **Mussels and clams are excellent sources of vitamin C** . Vitamin C is needed for healthy gums, teeth, skin, and blood vessels. It also helps our body fight sickness.

- **Shellfish contain Omega-3 fatty acids which help prevent heart disease.**

## PREPARE FOODS SAFELY!

- **Salmonella** is a bacterial germ carried to people by eating under-cooked food, or food from polluted waters. To help prevent Salmonella keep work areas clean and store raw and cooked foods separately.

- Mussels, clams and crab should be well cooked before eating.

*Well cooked*

- Fresh shellfish should only be kept in the refrigerator 1-2 days.

- For the best quality, shellfish should only be kept frozen up to 4 months. To freeze foods, use only FOOD storage bags such as "freezer bags".

## HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land is part of our way of life. It is a great way to be active. Hunting, fishing and eating traditional foods will help keep us healthy. Traditional foods give us the nutrients we need to be healthy.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## HEALTHY EATING!

Use clams to make clam chowder soup. Boil mussels or crab in a broth and add vegetables to make soup. Serve with bannock and a glass of milk for a healthy meal.

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Dene/Metis

# Dene/Metis Traditional Food

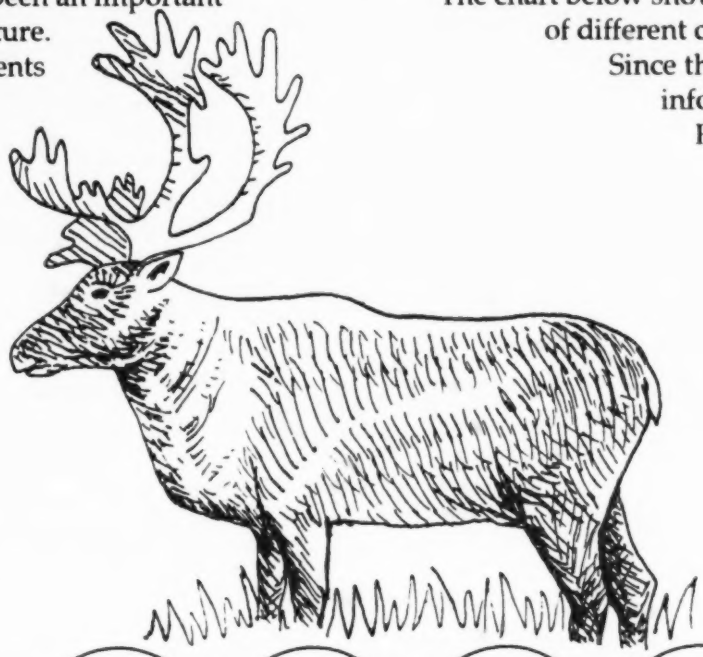
## *Fact Sheet Series*

# CARIBOU



## CARIBOU IS GOOD FOR US !

For generations caribou has been an important part of the Dene diet and culture. Caribou gives us many nutrients that help build and repair body tissues. It also provides us with energy and helps to keep us healthy. As well, many parts of the caribou are used for clothing and crafts. There is no waste of the caribou.



## WHAT DO WE KNOW ABOUT CARIBOU ?

The chart below shows the nutrient rating of different caribou body parts. Since there is little nutrient information on Caribou Fat, it is not listed as a body part. As well, no research has been done on caribou kidneys. Our elders tell us that caribou liver and kidney are healthy for us. We think they have similar nutrient values.

| Nutrient Rating / Body Part | Meat | Blood | Liver | Intestine | Bone Marrow | Stomach Contents |
|---|---|---|---|---|---|---|
| Excellent Source | Protein | Iron | Protein * Iron Vitamin A | Fat | | |
| Good Source | Iron B Vitamin | Protein | | Protein Iron | Iron Fat | Iron Vitamin A |
| Poor Source | Fat Calcium | B Vitamin | Fat Calcium | B Vitamin Calcium | Protein B Vitamin Vitamin A | Protein Fat B Vitamin Calcium |

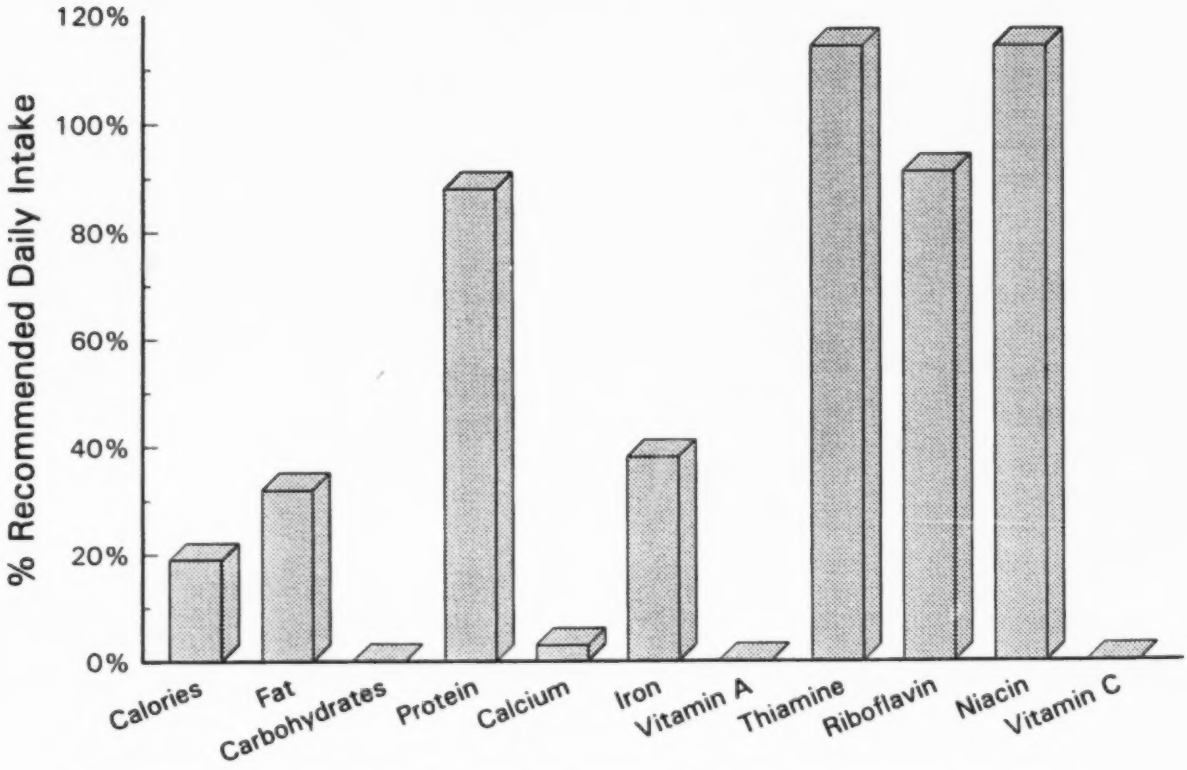
* **AN EXAMPLE OF HOW TO READ THE CHART:** Caribou liver is an excellent source of Protein, Iron and Vitamin A.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.
- The fat content of caribou meat is very low (1%) compared to 12-45% for beef, pork and poultry.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS**

## Nutrient Bar Graph for 90 grams of Dried Caribou




This graph shows the percent of nutrients that 90 grams of dried caribou meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Caribou:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



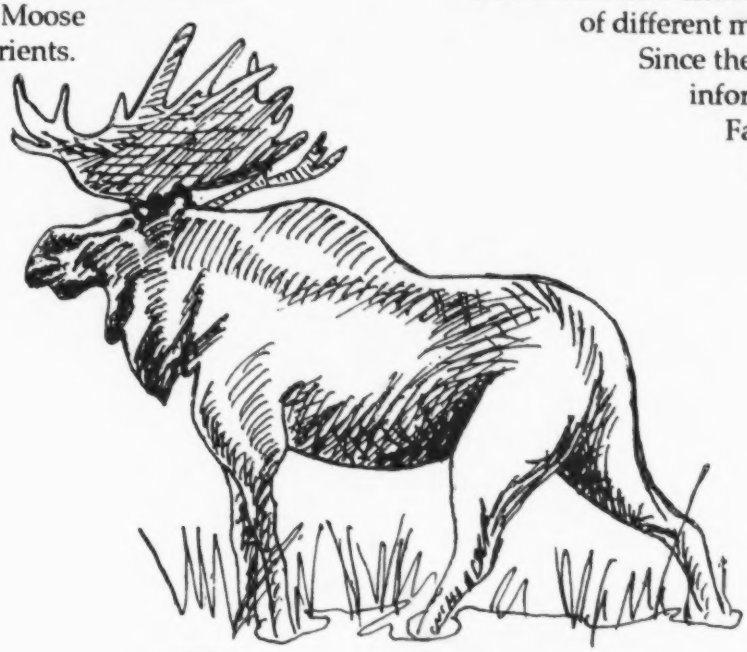
*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by the Arctic Environmental Strategy. March 1995*

# MOOSE



## MOOSE IS GOOD FOR US!

Moose is an important part of the Dene diet in the Northwest Territories. Moose supplies us with many nutrients. These nutrients help build and repair body tissues and keep us healthy. Moose also provide us with materials for clothing and crafts.



## WHAT DO WE KNOW ABOUT MOOSE?

The chart below shows the nutrient rating of different moose body parts. Since there is little nutrient information on Moose Fat, it is not listed as a body part. As well, no information is available on moose kidneys, bone marrow or intestines.

| Nutrient Rating \ Body Part | Meat | Liver | Blood |
|---|---|---|---|
| Excellent Source | Protein * | Iron<br>Vitamin A | Iron |
| Good Source | Iron<br>B Vitamins | Protein | Protein |
| Poor Source | Fat<br>Vitamin A<br>Calcium | Fat<br>Calcium | B Vitamins |

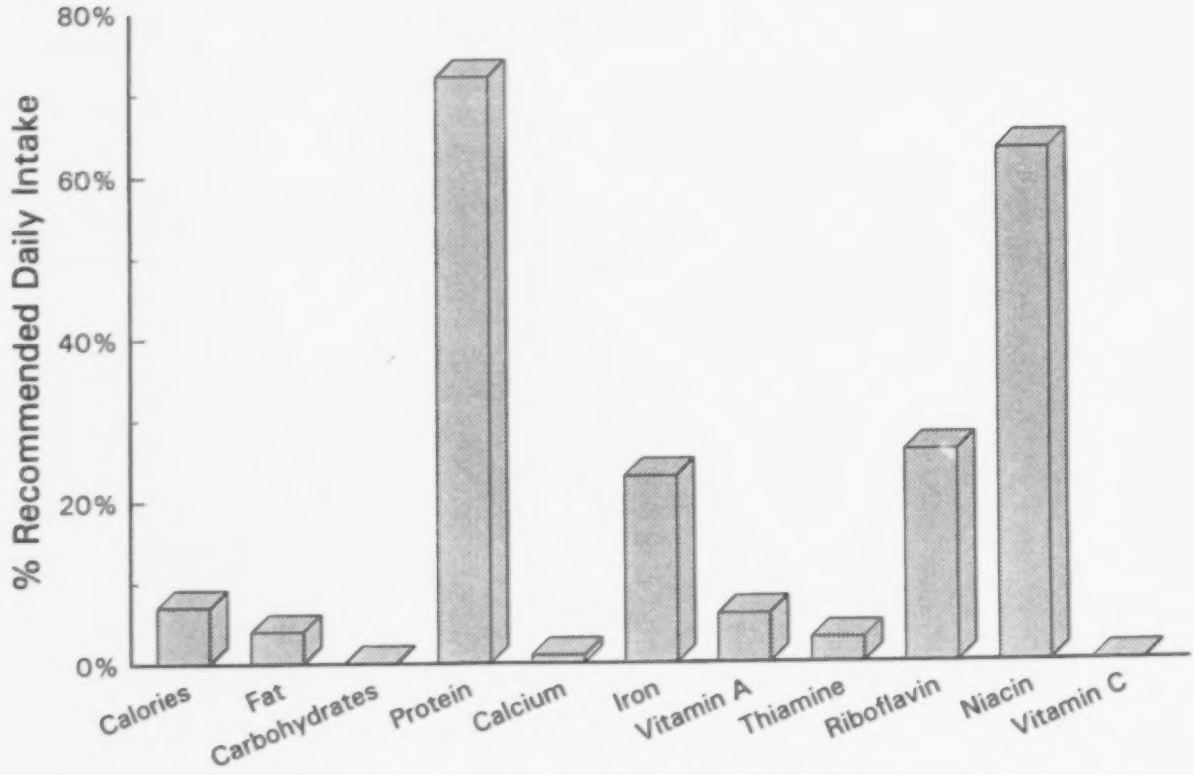
*** AN EXAMPLE OF HOW TO READ THE CHART**: Moose meat is an excellent source of protein.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.
- The fat content of moose meat is very low (1%) compared to 12-45% for beef, pork and poultry.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Cooked Moose




This graph shows the percent of nutrients that 90 grams of cooked moose meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Moose:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



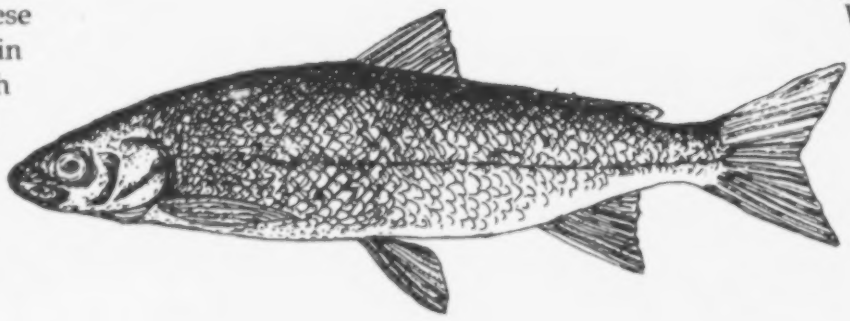
*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by the Arctic Environmental Strategy. March 1995*

# FISH



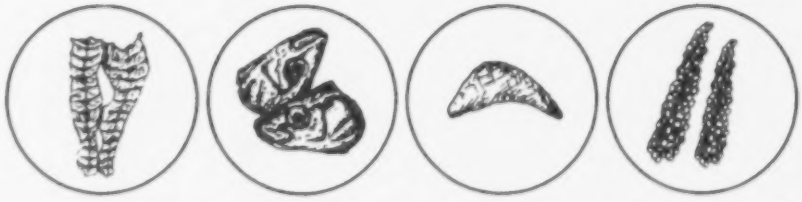
## FISH IS GOOD FOR US !

In many Dene communities fish continues to be one of the most important and frequently used traditional food sources. There are many kinds of fish available in lakes and rivers. These fish are rich in protein and B Vitamins. Fish eggs are also rich in nutrients and can be added to bannock or eaten lightly fried. Other parts of the fish are used for decorative craft designs and medicinal purposes.



## WHAT DO WE KNOW ABOUT FISH ?

The chart below shows the nutrient ratings of different fish body parts. The chart represents all fish found in this region including; Walleye\Pickerel, Cisco\Tullibee, Loche\Burbot, Pike\Jackfish, Whitefish, Lake Trout, Inconnu, Grayling, Suckers, and Coni. There may be slight differences in the amount of nutrients in different kinds of fish.



| Nutrient Rating \ Body Part | Meat | Head | Liver | Eggs |
|---|---|---|---|---|
| Excellent Source | Protein<br>B Vitamins | Protein<br>B Vitamins | Vitamin A<br>Protein<br>Fat | Protein*<br>B Vitamins<br>Vitamin C<br>Fat<br>Iron |
| Good Source | | Calcium | Iron | |
| Poor Source | Iron<br>Calcium<br>Fat<br>Vitamin A | Vitamin A<br>Fat<br>Iron | Vitamin C | Calcium |

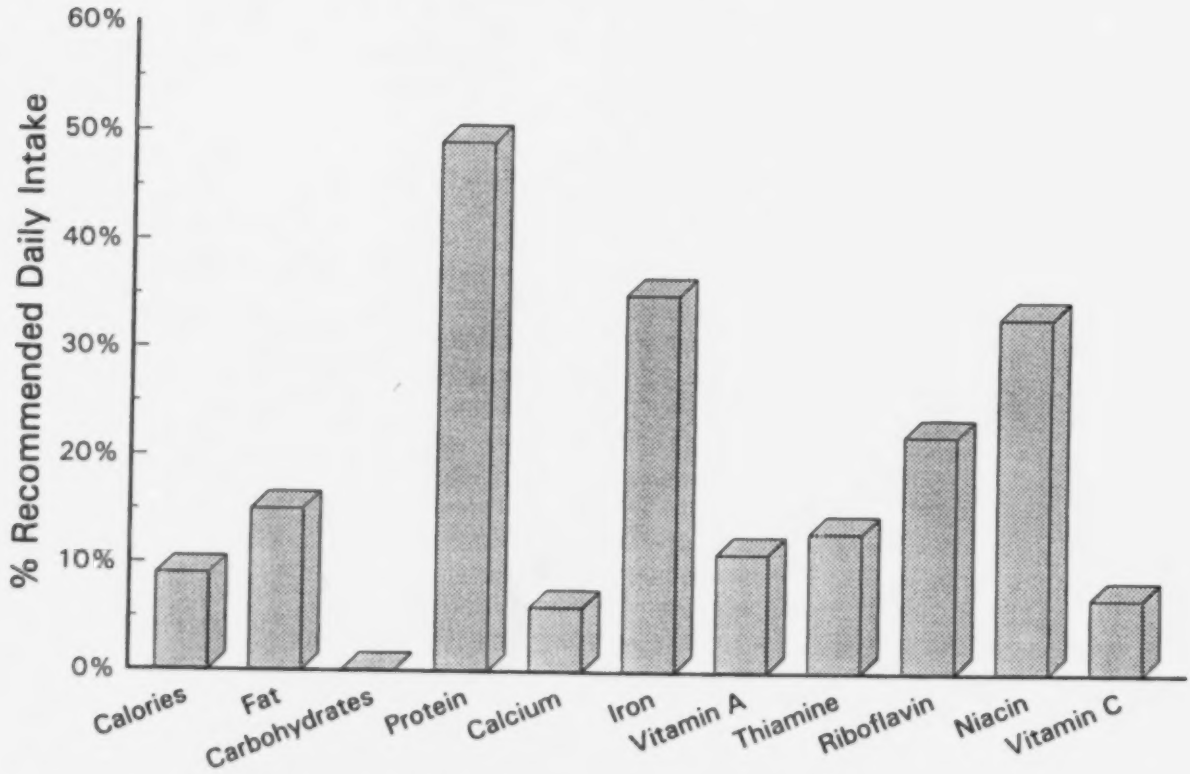
* **AN EXAMPLE OF HOW TO READ THIS CHART:** Fish eggs are an excellent source of Protein, B Vitamins, Vitamin C and Fat.

## DID YOU KNOW?

- It is best to choose traditional foods because they are rich in nutrients.
- Fish oils are a good source of fat. They contain Omega-3 Fatty Acids which help prevent heart disease and cancer.
- Smoking or drying helps preserve fish and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried fish is great for travelling or snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Baked Lake Trout




This graph shows the percent of nutrients that 90 grams of baked Lake Trout meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female. Nutrient values are similar for all fish species.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Fish:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994). Kuhnlein et al. CINE.



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# MUSKRAT



## MUSKRAT IS GOOD FOR US !

The muskrat is appreciated by the Dene as the animal that restores the land after a flood and keeps the rivers and lakes flowing. It is important to have the knowledge and skills to hunt and trap muskrat. Muskrat meat gives us protein, iron and B Vitamins. The hide is used for clothing such as hats, and trim for slippers and mitts.

## WHAT DO WE KNOW ABOUT MUSKRAT ?

The chart below shows the nutrient rating of muskrat meat. Muskrat meat provides us with many important nutrients. Muskrat can be fried, baked, roasted or smoked. Muskrat tail is smoked, to singe off the outer skin. The tender meat found inside is considered to be a delicacy.

| Nutrient Rating / Body Part | Meat |
|---|---|
| Excellent Source | Protein * <br> Iron <br> B Vitamins |
| Good Source | Vitamin C |
| Poor Source | Fat |

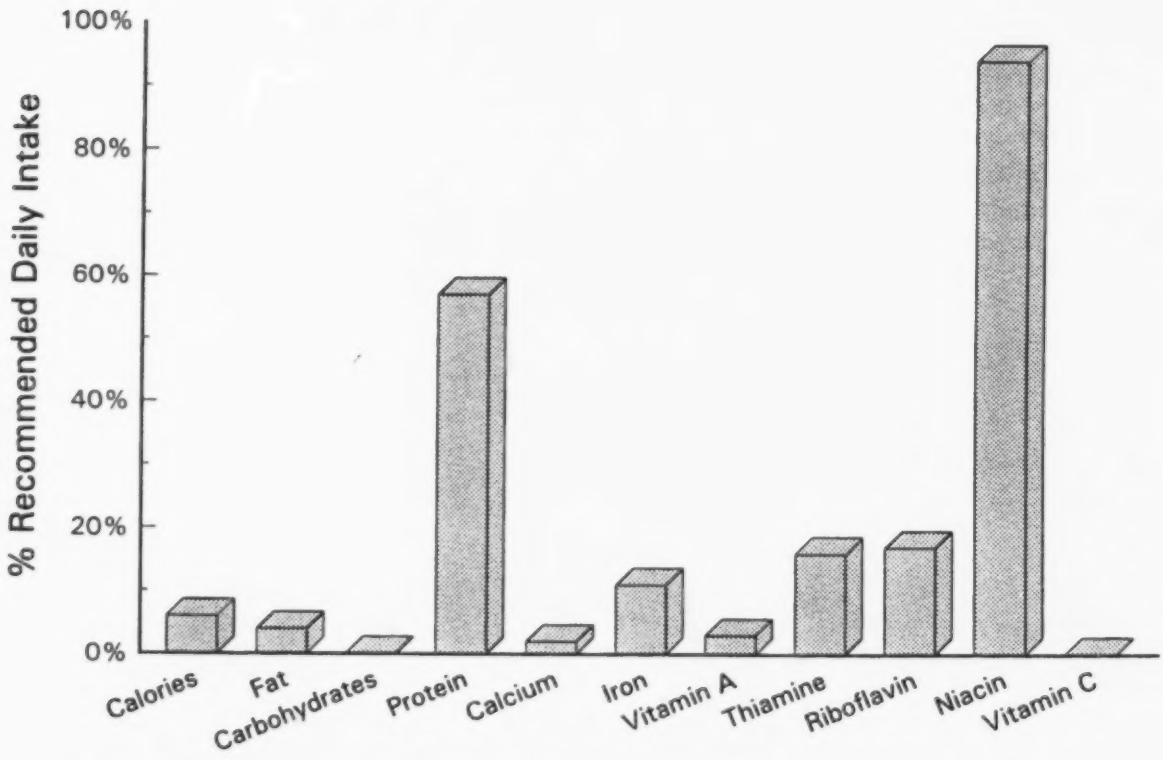
* **AN EXAMPLE OF HOW TO READ THIS CHART:** Muskrat meat is an excellent source of Protein, Iron and B Vitamins.

## FACTS TO REMEMBER:

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve meat and may increase the amount of some nutrients. This is due to the moisture loss during the drying process. Smoked or dried meat is good for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Cooked Muskrat




This graph shows the percent of nutrients that 90 grams of cooked muskrat meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Muskrat:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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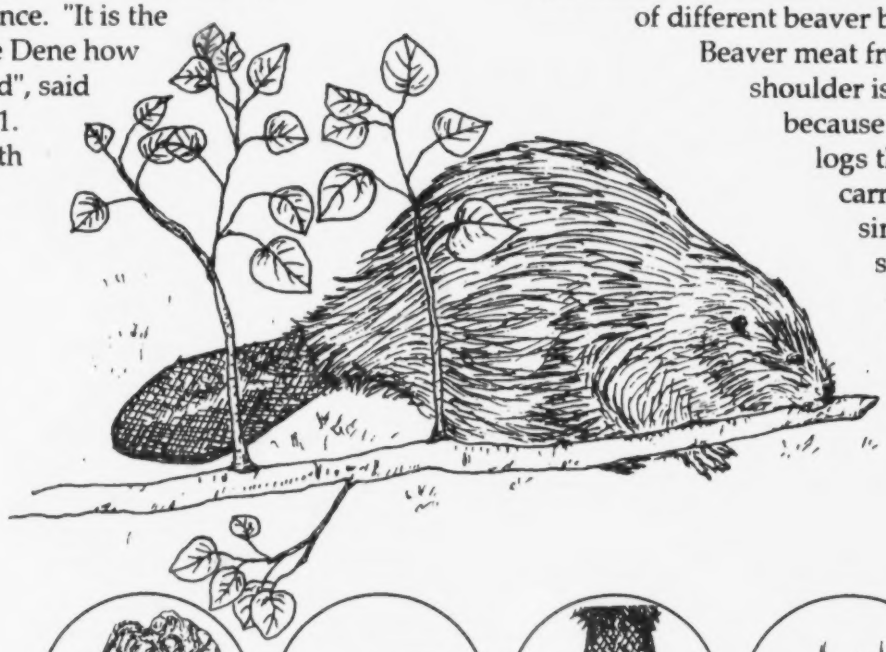
# BEAVER



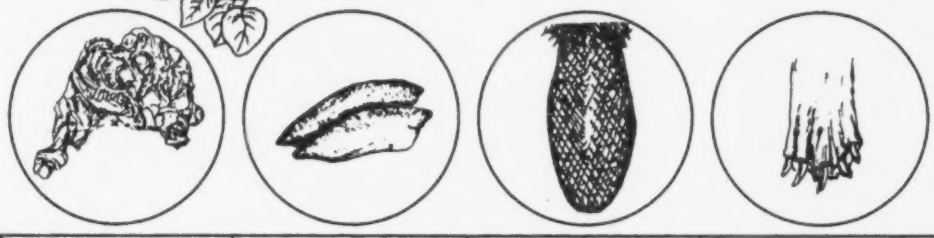
## BEAVER ARE GOOD FOR US !

The Beaver is valued by the Dene because it has the gift of intelligence. "It is the Beaver who taught the Dene how to store and ration food", said George Blondin in 1991. Beaver provides us with many important nutrients such as protein and iron. The hide and bones are used for footwear, mitts, jackets and traditional tools. The beaver castor is valued for medicinal purposes and used for bait.



## WHAT DO WE KNOW ABOUT BEAVER ?

The chart below shows the nutrient rating of different beaver body parts. Beaver meat from the shoulder is very tough because of the large logs the beaver carries. Tails are singed or smoked under dry willows and used for snacks, especially when travelling.



| Nutrient Rating \ Body Part | Meat | Liver | Tail | Feet |
|---|---|---|---|---|
| Excellent Source | Iron *<br>Protein<br>B Vitamin: Niacin | Iron<br>Vitamin A<br>Protein | Fat<br>Protein | Fat<br>Protein |
| Good Source | B Vitamin: Riboflavin | | | Iron |
| Poor Source | B Vitamin: Thiamin | | Iron | |

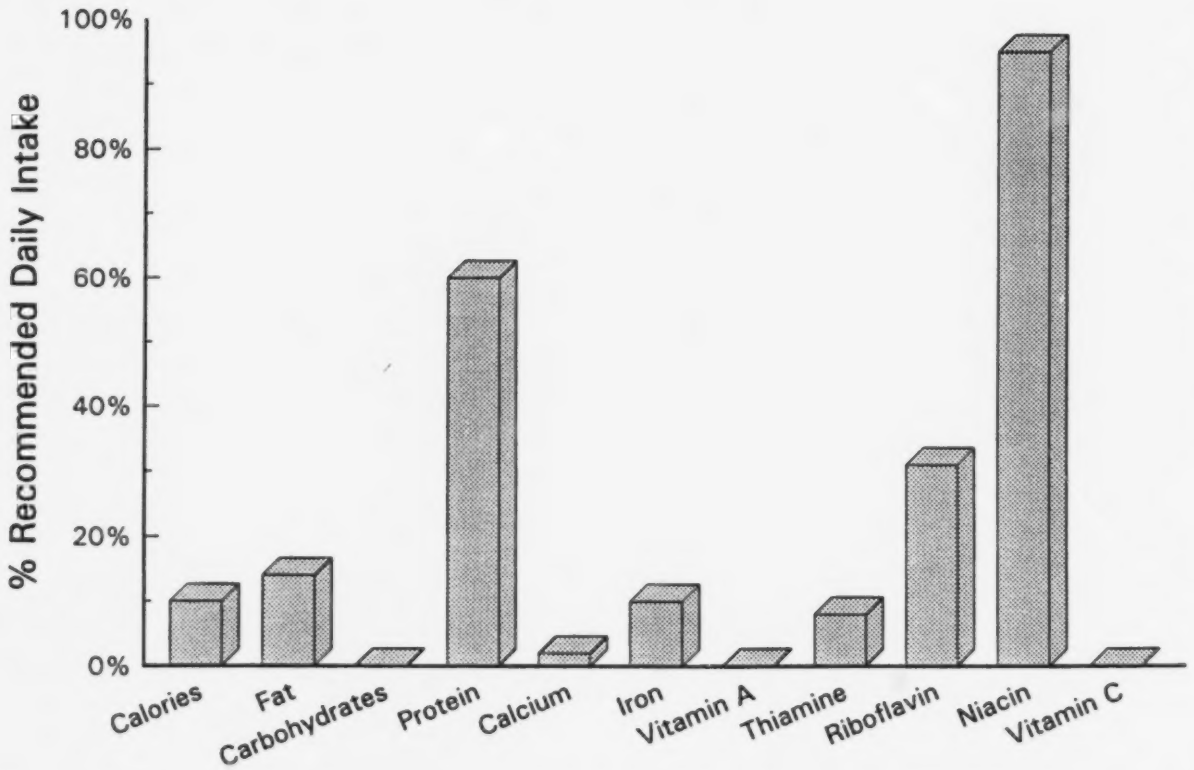
* **AN EXAMPLE OF HOW TO READ THE CHART**: Beaver meat is an excellent source of Iron, Protein and Niacin.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Cooked Beaver




This graph shows the percent of nutrients that 90 grams of cooked beaver meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Beaver:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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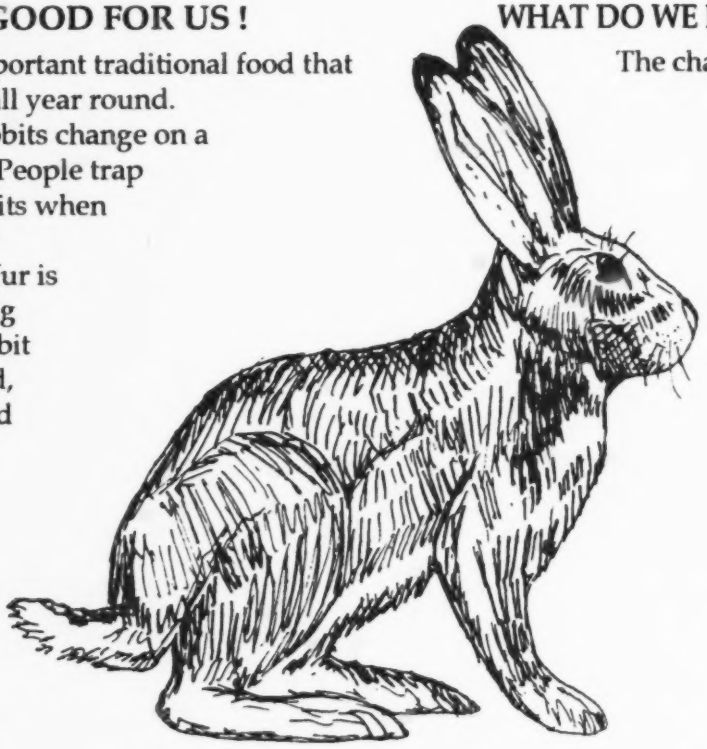
# RABBIT/HARE



## RABBIT IS GOOD FOR US !

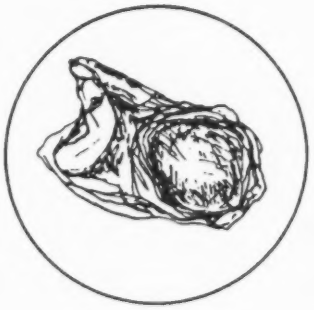
Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change on a ten year cycle. People trap and freeze rabbits when there are many available. The fur is used for clothing and crafts. Rabbit is usually baked, boiled or cooked in a stew.



## WHAT DO WE KNOW ABOUT RABBIT?

The chart below shows the nutrient rating of rabbit meat. The meat gives us important nutrients for growth and health.

| Nutrient Rating / Body Part | Meat |
|---|---|
| Excellent Source | Protein *<br>Iron<br>B Vitamin:<br>Niacin |
| Good Source | |
| Poor Source | Calcium<br>B Vitamin:<br>Thiamin<br>Riboflavin |



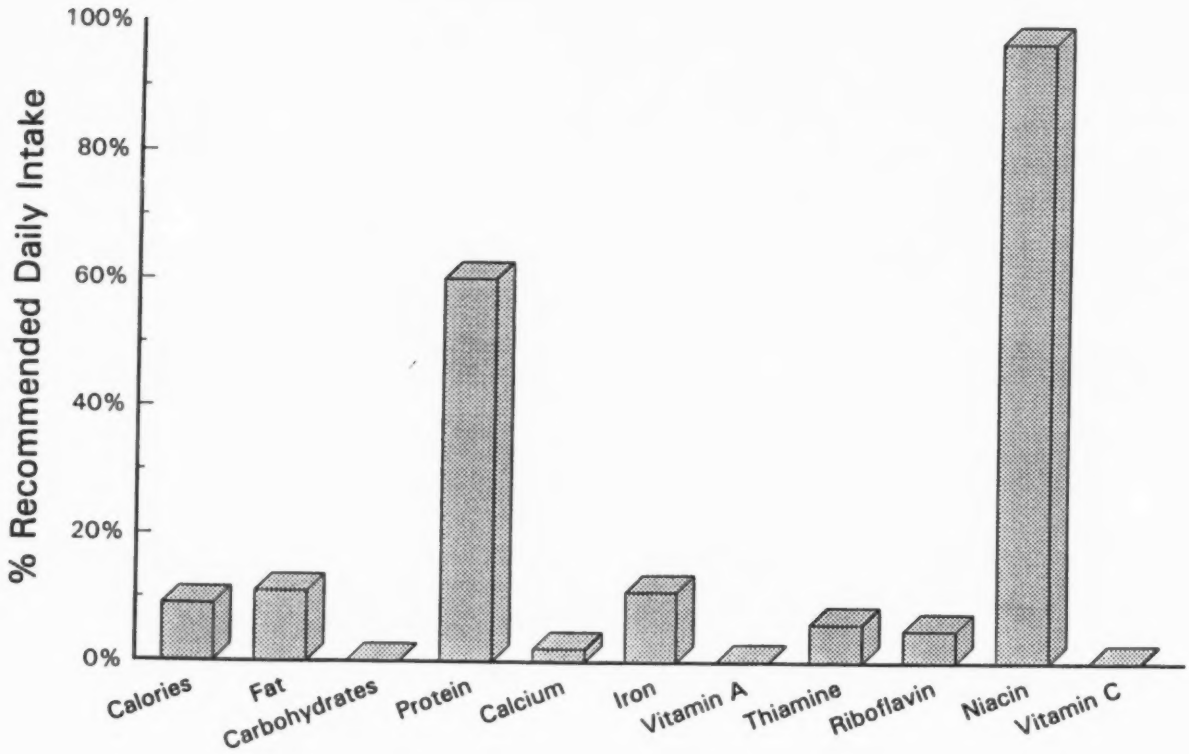
*** AN EXAMPLE OF HOW TO READ THIS CHART:** Rabbit meat is an excellent source of Protein, Iron and Niacin (B Vitamin).

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Stewed, Wild Rabbit




This graph shows the percent of nutrients that 90 grams of stewed, wild rabbit meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Rabbit:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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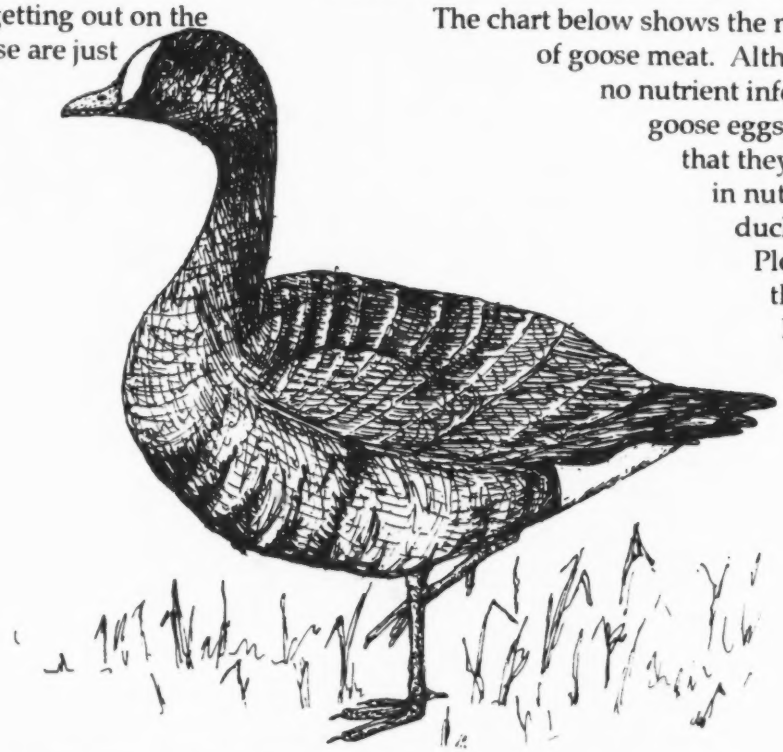
# GOOSE



## GOOSE IS GOOD FOR US !

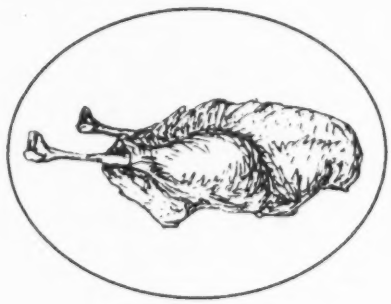
In early May, hunters enjoy getting out on the land to shoot geese. The geese are just arriving from the south with plenty of meat and fat on them. Many people try to collect a large number of geese and freeze them for year round use. The Dene collect fat and oil from the goose to use on dry skin. The fat's healing quality makes it an ideal salve for sores.



## WHAT DO WE KNOW ABOUT GEESE ?

The chart below shows the nutrient rating of goose meat. Although there is no nutrient information on goose eggs, we think that they are similar in nutrient value to duck eggs. Please refer to the DUCK Nutrition Fact Sheet for more information.

| Nutrient Rating / Body Part | Meat |
|---|---|
| Excellent Source | Protein *<br>Iron<br>Fat<br>B Vitamins |
| Good Source | |
| Poor Source | |



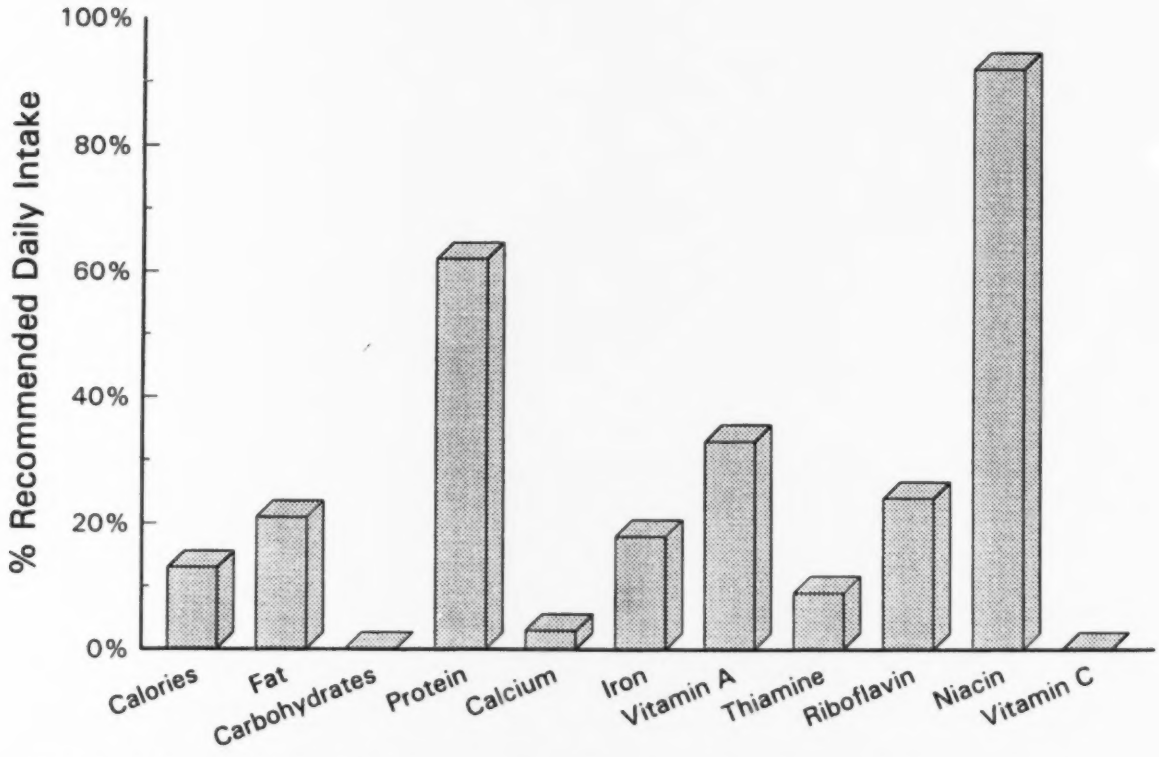
*** AN EXAMPLE OF HOW TO READ THIS CHART:** Goose meat is an excellent source of Protein, Fat, B Vitamins and Iron.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Roasted, Wild Goose




This graph shows the percent of nutrients that 90 grams of roasted, wild goose meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Goose:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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# DUCK

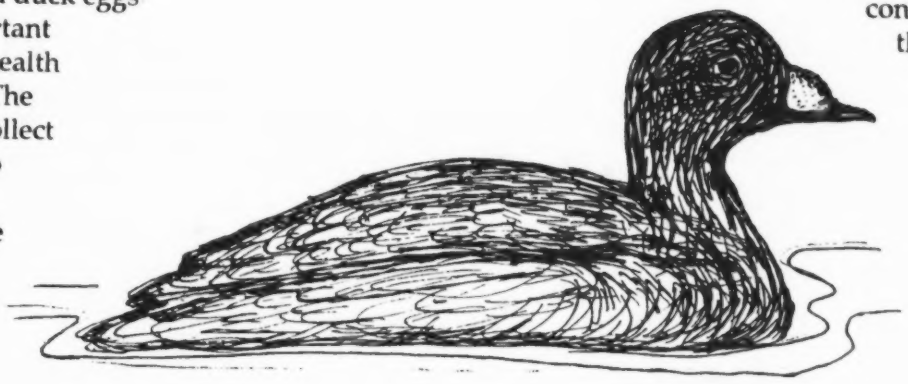


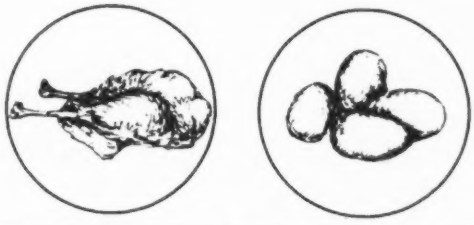
## DUCK IS GOOD FOR US !

The duck is a migratory bird, present in the North from about May to September. During spring, the Dene hunt only the male ducks. Both duck meat and duck eggs provide important nutrients for health and growth. The Dene like to collect many ducks to store in their freezers for the winter.

## WHAT DO WE KNOW ABOUT DUCKS ?

The following chart shows the nutrient rating of duck meat and eggs. Duck meat is an excellent source of protein and contains more iron than beef or chicken meat. Duck eggs also provide us with iron and protein.





| Nutrient Rating / Body Part | Meat | Eggs |
|---|---|---|
| Excellent Source | Protein *<br>Iron<br>B Vitamins (raw meat) | Iron |
| Good Source | | Protein<br>B Vitamins |
| Poor Source | | Fat |

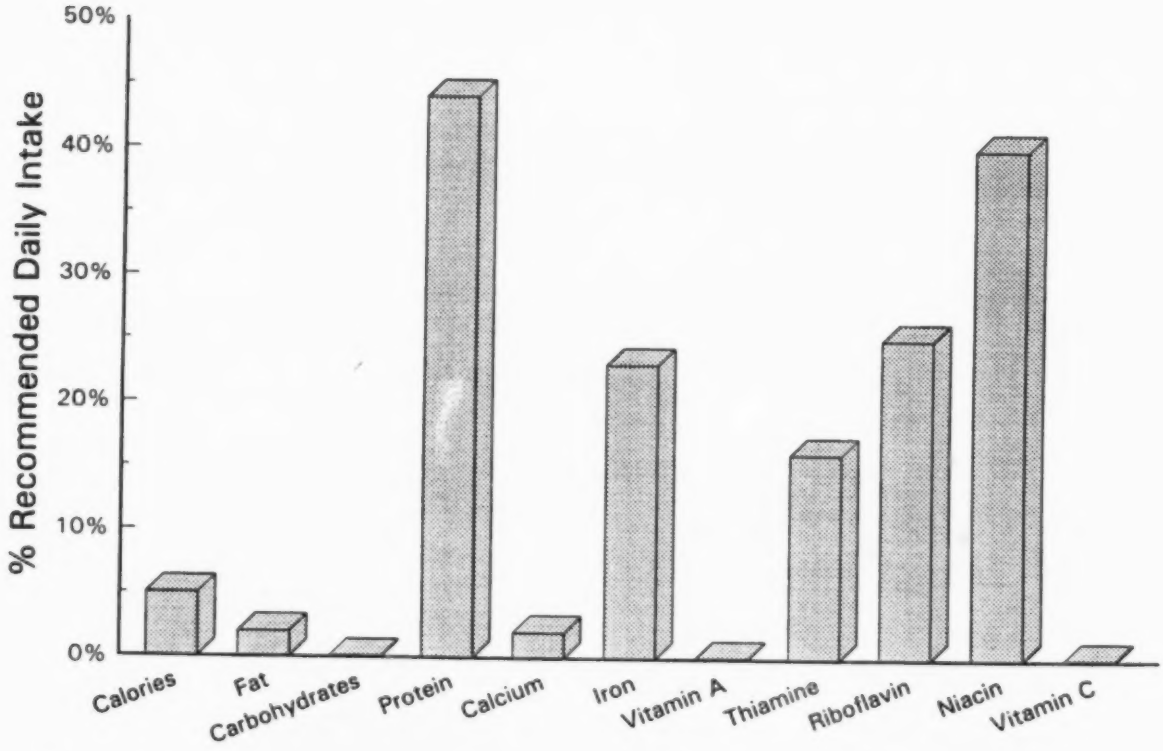
*** AN EXAMPLE OF HOW TO READ THIS CHART:** Duck meat is an excellent source of Protein, Iron and B Vitamins.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Raw, Wild Duck




This graph shows the percent of nutrients that 90 grams of raw, wild duck meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Duck:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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# PTARMIGAN/GROUSE



## PTARMIGAN AND GROUSE ARE GOOD FOR US !

Ptarmigan and grouse are year-round residents in the North. They are an easy target for hunting and provide nutrient-rich meat. These wild birds are an excellent source of protein and are generally low in fat. They contain more iron than store bought chicken and are an excellent source of B Vitamins.

## WHAT DO WE KNOW ABOUT PTARMIGAN AND GROUSE ?

The chart below shows the nutrient rating of ptarmigan and grouse meat. Although no research has been done on grouse, we think that grouse and ptarmigan have similar nutrient values.

| Nutrient Rating / Body Part | Meat |
|---|---|
| Excellent Source | Protein * <br> Iron <br> B Vitamins |
| Good Source | |
| Poor Source | |

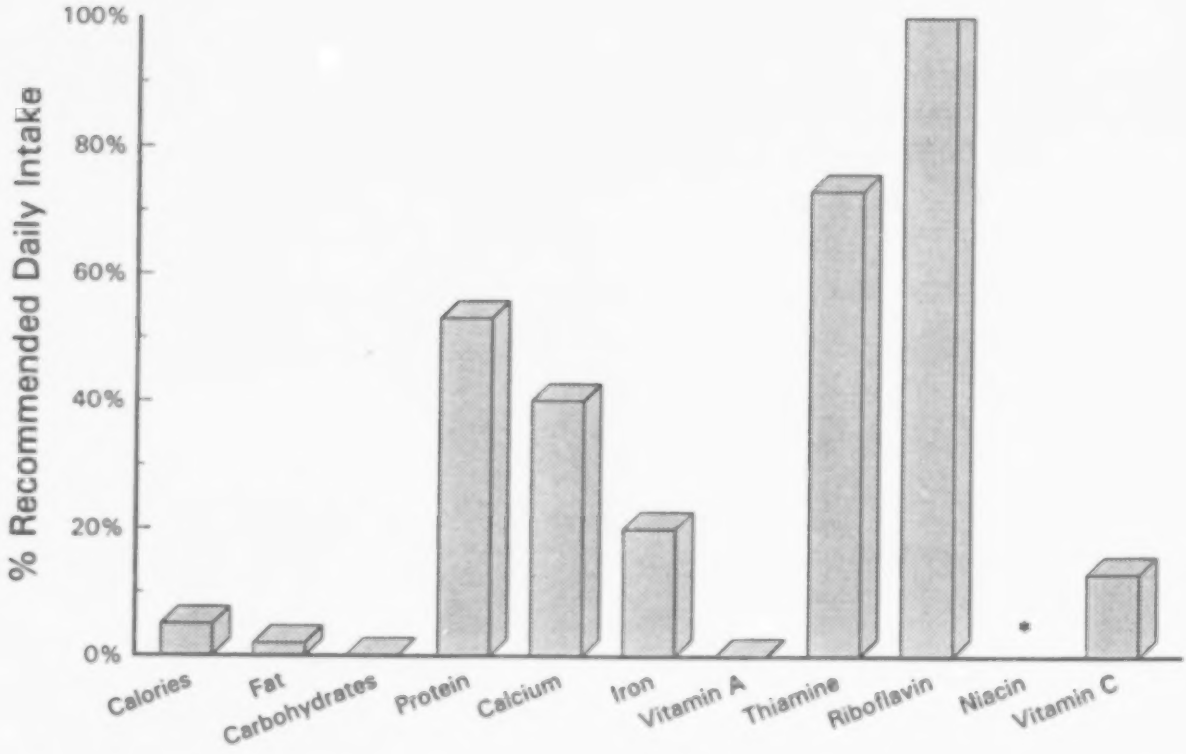
*** AN EXAMPLE OF HOW TO READ THIS CHART:** Ptarmigan and grouse are an excellent source of Protein, Iron and B Vitamins.

## DID YOU KNOW ?

- It is best to choose traditional foods because they are rich in nutrients.
- Smoking or drying helps preserve the meat and may increase the amount of some nutrients. This is due to moisture loss during the drying process. Smoked or dried meat is great for travelling and snacks.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 90 grams of Raw Ptarmigan




This graph shows the percent of nutrients that 90 grams of raw ptarmigan meat contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.
* No information available.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Ptarmigan:*


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



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# WILD PLANT GREENS



## WILD PLANTS ARE GOOD FOR US !

Wild greens are gathered in the spring and summer. Greens are eaten fresh or are cooked and served as a vegetable or added to soups. Dock, fireweed, dandelion greens and lamb's quarters are rich in nutrients such as Vitamin A and Vitamin C. These nutrients are important for healthy skin, bones and teeth. They help to prevent infections and are an excellent source of fibre.

DOCK

## WHAT DO WE KNOW ABOUT WILD PLANT GREENS ?

The chart below shows the nutrient rating of wild greens. The chart represents four wild greens found in this region. There may be slight differences in the amount of nutrients among different plants.

DANDELION

LAMB'S QUARTER

| Nutrient Rating / Plant Part | Wild Greens |
|---|---|
| Excellent Source | Vitamin A * <br> Vitamin C <br> Calcium <br> Fibre |
| Good Source | Iron |
| Poor Source | Calcium (fireweed) <br> B Vitamins |

* **AN EXAMPLE OF HOW TO READ THIS CHART:** Wild greens are an excellent source of Vitamin A, Vitamin C, and Fibre.

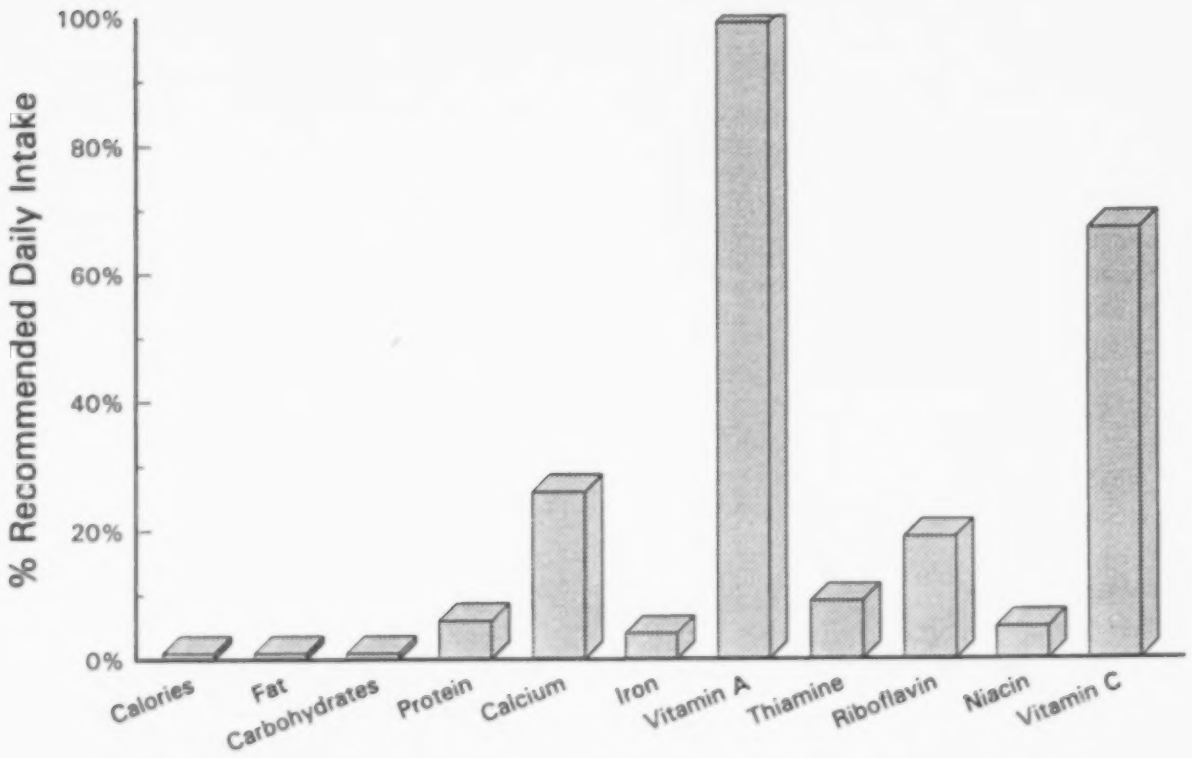
FIREWEED

## DID YOU KNOW?

- It is best to choose traditional foods because they are rich in nutrients.
- Vitamin C is lost in water. Cook wild greens in small amounts of water only.
- Eat wild greens, which are rich in Vitamin C, with iron-rich foods to increase iron absorption.
- Raw wild greens have more Vitamin C than cooked greens.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 125 ml of Cooked Lamb's Quarters




This graph shows the percent of nutrients that 125 ml of cooked Lamb's Quarters contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

### FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

### The following resources will provide you with more information about *Wild Greens:*


Harvesting the Northern Wild (1984). Marilyn Walker, Outcrop Ltd., Yellowknife.

Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.



*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by the Arctic Environmental Strategy. March 1995*

# BERRIES

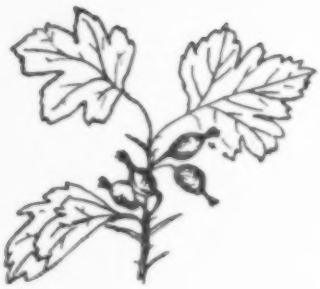


## BERRIES ARE GOOD FOR US !

Berry picking is an activity families enjoy from summer to fall. Even the short summer months in the North can provide a wide variety of berries. Berries provide an excellent source of Vitamin C to help our bodies fight infection and for healthy teeth and gums. Berries also give us fibre and energy. Berries are one of the few traditional foods that provide energy in the form of carbohydrate.

BLUEBERRIES

STRAWBERRIES



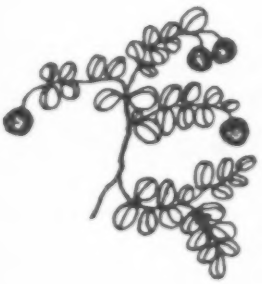
GOOSEBERRIES

## WHAT DO WE KNOW ABOUT BERRIES ?

The chart below shows the nutrient rating of wild berries. The chart represents all wild berries found in this region. There may be slight differences in the amount of nutrients found in different berries. The berries included in this chart are: blueberries, cloudberries, cranberries, currants, gooseberries, raspberries, saskatoon berries and strawberries.

CURRENTS

| Nutrient Rating / Plant Part | Wild Berries |
|---|---|
| Excellent Source | Vitamin C * Fibre |
| Good Source | Carbohydrate |
| Poor Source | Iron |



CRANBERRIES

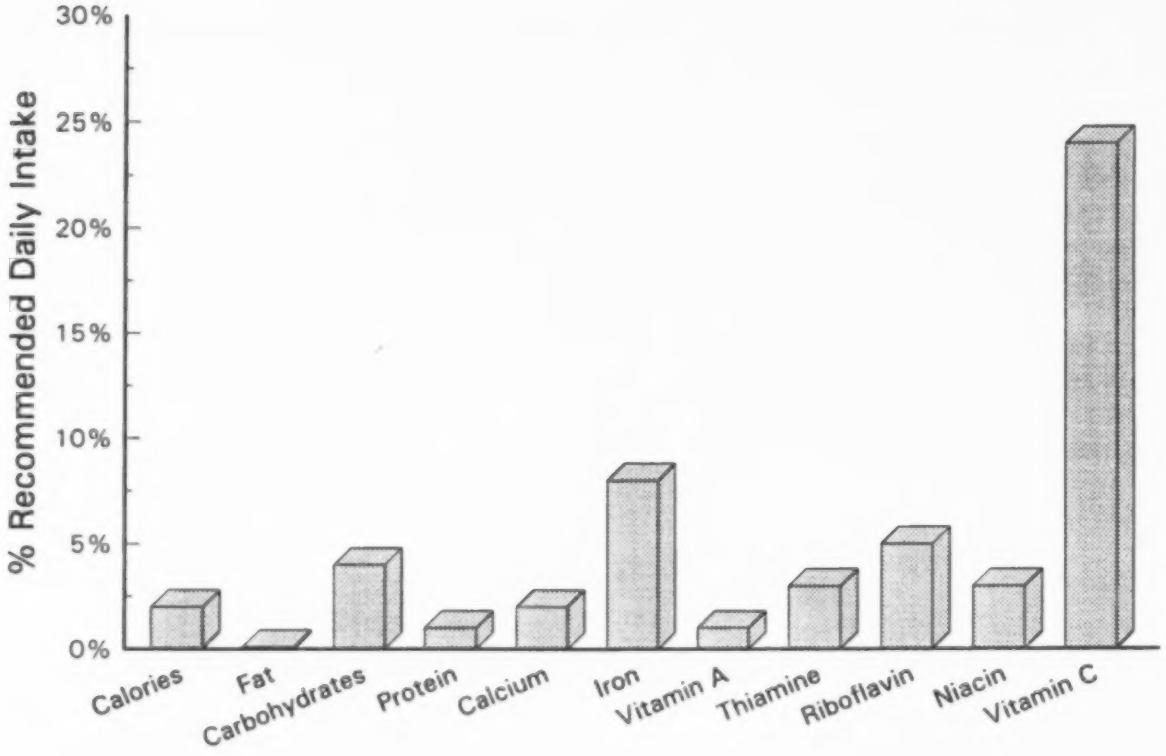
*** AN EXAMPLE OF HOW TO READ THIS CHART:** Wild berries are an excellent source of Vitamin C and fibre.

## DID YOU KNOW?

- It is best to choose traditional foods because they are rich in nutrients.
- Berries play an important role in providing fibre in traditional diets. Fibre has been linked to the prevention or control of certain diseases such as cancer.
- The Vitamin C content of wild berries is generally much higher than store bought berries.
- Freezing destroys very little Vitamin C. Freeze berries when in season. Some berries can also be dried.

TO FIND OUT WHAT OTHER FOODS PROVIDE THESE NUTRIENTS AND WHY THEY ARE IMPORTANT TO OUR HEALTH, REFER TO THE **NUTRITION FACT SHEET SERIES ON NUTRIENTS.**

## Nutrient Bar Graph for 125 ml of Raw Blueberries




This graph shows the percent of nutrients that 125 ml of raw blueberries contributes to the Recommended Nutrient Intake (RNI) of a 13 - 15 year old female.

## FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

## The following resources will provide you with more information about *Berries:*


Harvesting the Northern Wild (1984). Marilyn Walker, Outcrop Ltd. Yellowknife.

Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, Department of Health, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1988). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/ Metis Foods (1994). Kuhnlein et al. CINE.



*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by the Arctic Environmental Strategy. March 1995*

Inuit

# Inuit Nutrient

## *Fact Sheet Series*

# Vitamin A

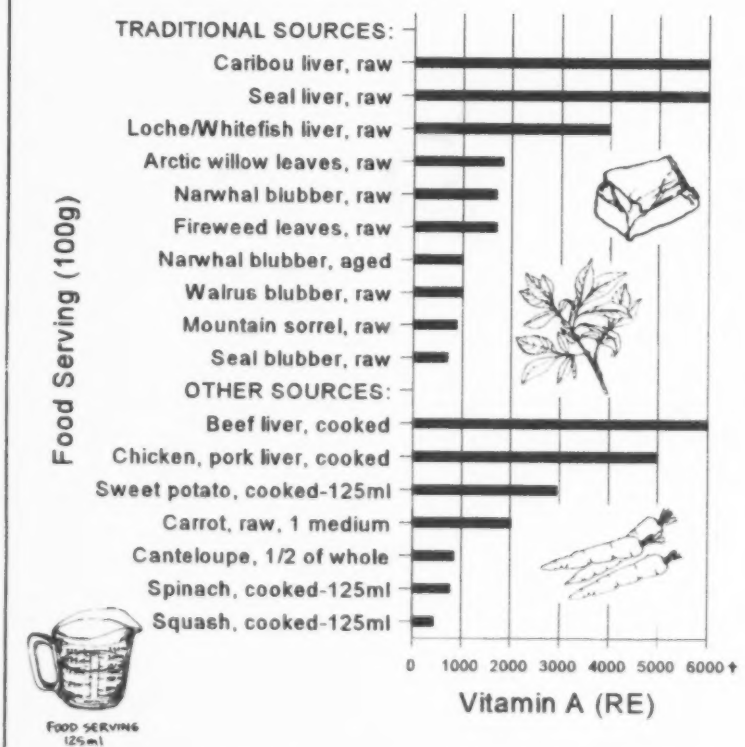


We need Vitamin A to keep our skin, bones and teeth healthy. Vitamin A helps fight sickness and helps us see better in the dark.

**WITHOUT ENOUGH VITAMIN A....**

* We may get more infections, especially in the lungs, nose and throat.
* We may have problems seeing in the dark.

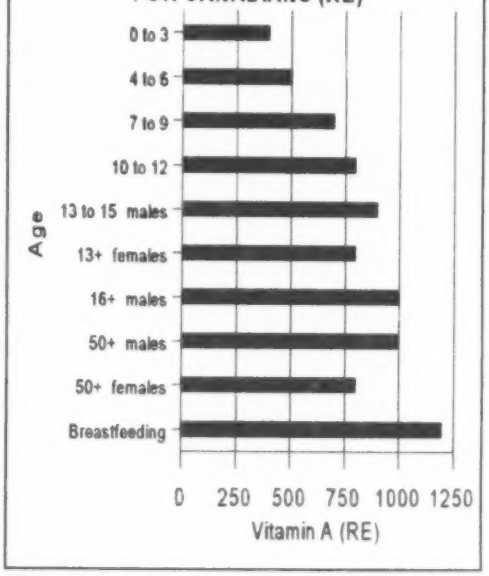
## EAT THESE VITAMIN A - RICH FOODS EVERY DAY!




**Retinol Equivalent (RE)** is the measurement used for the amount of Vitamin A our bodies need daily.

*(Source: Use and Nutrient Composition of Traditional Baffin Inuit Foods, 1992, and Nutrient Value of Some Common Foods, 1987)*

## DAILY VITAMIN A RECOMMENDATIONS FOR CANADIANS (RE)




*(Source: Nutrition Recommendations, H&W Canada, 1990)*

*liver*

*sorrel*

*spinach*

## *FACTS ABOUT VITAMIN A*

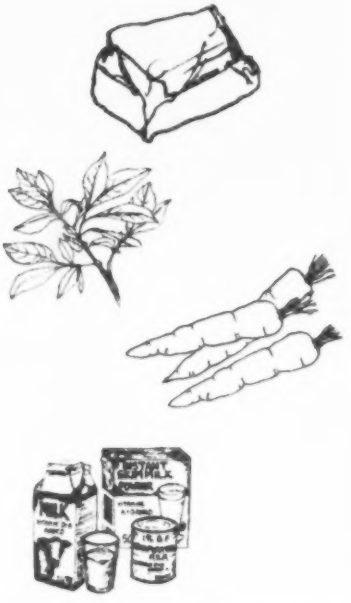
- Caribou and seal liver, as well as the blubber of whale, seal and walrus, are excellent sources of vitamin A.

- Fresh willow leaves eaten raw or added to salads provide an excellent source of vitamin A. Carrots, spinach and squash also give us vitamin A.

- Vitamin A is needed by our bodies to help fight off infections from bacteria and viruses.

- To increase your vitamin A intake, add chopped carrot to soup and stew or grated carrot to meatloaves, meatballs and casseroles.

- Drinking vegetable juice or milk instead of pop or Kool-aid will increase your vitamin A intake.



### FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

### EATING VITAMIN A!

One serving of a vitamin A-rich food, such as liver or wild plant greens, will meet our body's vitamin A needs for several days.

### The following resources will provide you with more information about *Vitamin A.*


Native Foods and Nutrition - An Illustrated Reference Resource, Health and Welfare Canada, 1994.

Northern Food, Tradition and Health Kit, Nutrition Section, GNWT, 1992.

Nutrient Bar Graphs: A Teaching Aid to Learn the Value of Native Foods, Health and Welfare Canada, 1995.

Nutrient Value of Some Common Foods , Health and Welfare Canada, 1987.

Use and Nutrient Composition of Traditional Baffin Inuit Foods, Kuhnlein and Soueida, J. Food Comp. And Analysis 5, 112-126, 1992.



*Produced by Baffin, Inuvik, Keewatin and Kitikmeot Health Boards, in conjunction with the Community Health Programs, Department of Health and Social Services, GNWT. Prototype developed by Dene Nation and Mackenzie Regional Health Services. Funded by Arctic Environmental Strategy. March 1996*

# Vitamin C

*NUTRITION FACT SHEET SERIES - 2*

Vitamin C keeps our gums, teeth, skin and blood vessels healthy. It also helps wounds heal and helps our body fight sickness.

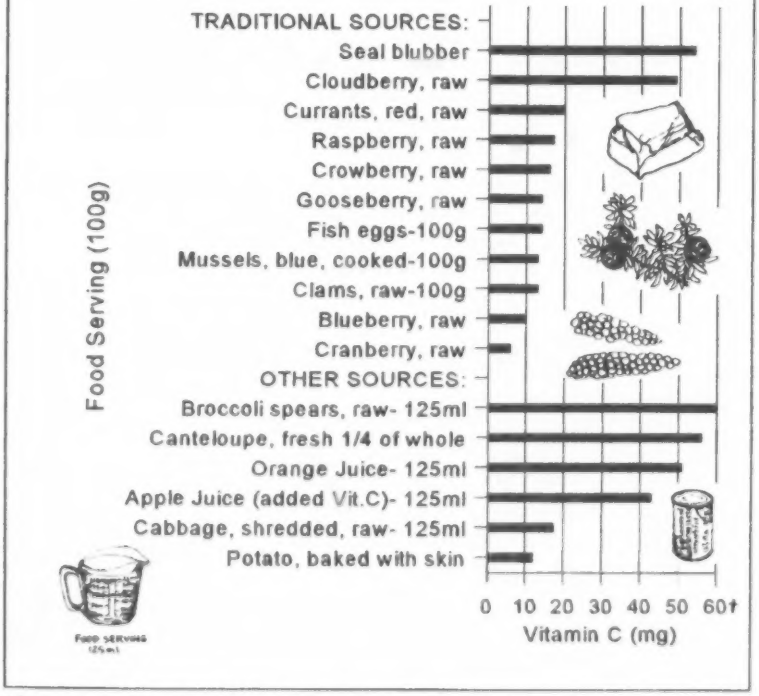
**WITHOUT ENOUGH VITAMIN C ....**

* We may get more infections, bleeding gums and sore teeth.

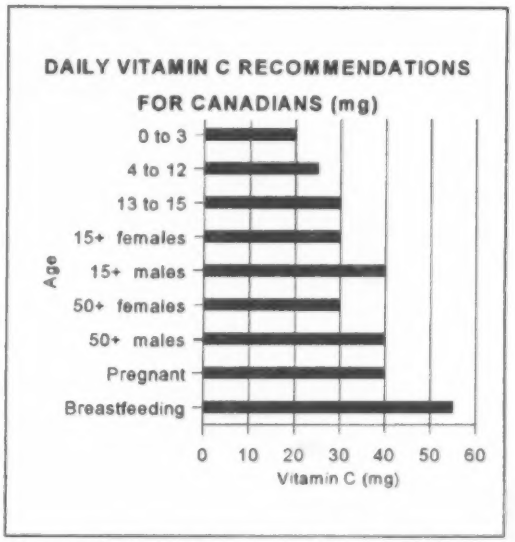
**Smokers need twice as much vitamin C as non-smokers. This is because smoking lowers the body's ability to use vitamin C.**

FOOD SERVING 100g

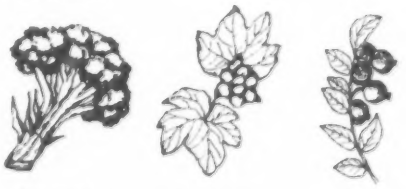
## EAT THESE VITAMIN C - RICH FOODS EVERY DAY!




*(Source: Native Foods and Nutrition, 1994, and Nutrient Value of Some Common Foods, 1987)*




*(Source: Nutrition Recommendations, 1990, H&W Canada)*



*broccoli* *cloudberry* *blueberry*

# FACTS ABOUT VITAMIN C

- We need extra vitamin C during times of illness, stress or surgery.
- Store vegetables and fruit in containers or bags so they do not wilt and loose their vitamin C.

- Freeze berries, fruits and vegetables when in season. Freezing destroys very little vitamin C.

- Eat foods high in vitamin C, with foods high in iron, such as breads or cereals with fruits or vegetables, to increase your iron intake.

- The best source of vitamin C can be found in fresh berries or fruits, and vegetables eaten raw.
- Many traditional foods contain vitamin C. Eat fish eggs raw or lightly cooked. Add them to bannock for extra vitamin C, protein and iron.
- Enjoy mussels and clams either raw or boiled. They can also be shelled and added to soup or salads.

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## EATING VITAMIN C!

Add berries to bannock and muffins.

Use seal fat to make bannock, as a dip, and for cooking.

## The following resources will provide you with more information about *Vitamin C.*

Native Foods and Nutrition - An Illustrated Reference Resource, Health and Welfare Canada, 1994.

Northern Food, Tradition and Health Kit, Nutrition Section, GNWT, 1992.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods, Health and Welfare Canada, 1995.

Nutrient Value of Some Common Foods , Health and Welfare Canada, 1987.

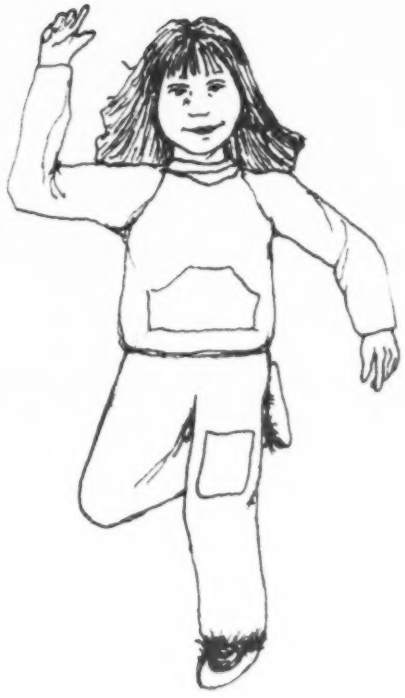
Traditional Plant Foods of Canadian Indigenous Peoples: Nutrition Botany and Use, H. Kuhnlein and N. Turner, Gordon and Breach Science Publishers, 1991.

*Produced by Baffin, Inuvik, Keewatin and Kitikmeot Health Boards, in conjunction with the Community Health Programs, Department of Health and Social Services, GNWT. Prototype developed by Dene Nation and Mackenzie Regional Health*

# Calcium

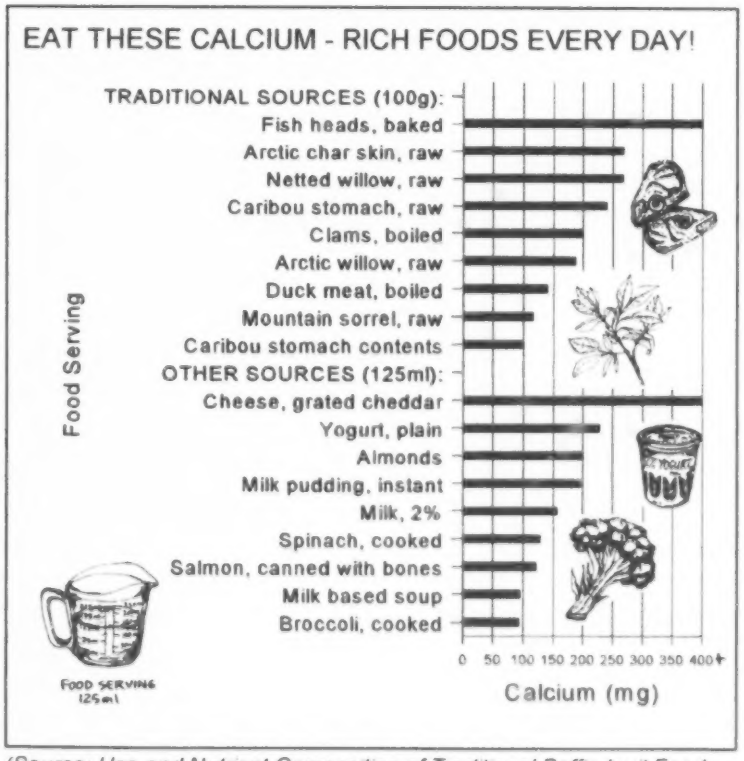


We need Calcium for strong bones and teeth. Calcium is also needed for healthy muscles, heart and nerves.

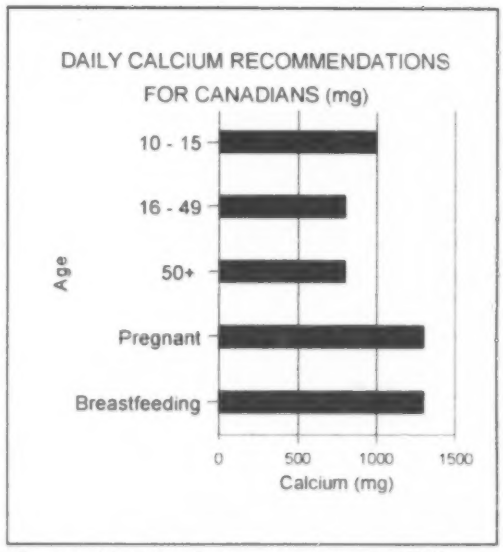


**WITHOUT ENOUGH CALCIUM ...**

* Our bones will become weak and brittle, and will break easily. This is a disease called Osteoporosis.
* Our hips and knees may develop weak joints.
* Our teeth may decay.




*(Source: Use and Nutrient Composition of Traditional Baffin Inuit Foods, 1992, and Nutrient Value of Some Common Foods, 1987)*




*(Source: Nutrition Recommendations, H&W Canada, 1990)*

*milk*

*duck*

*netted willow*

## FACTS ABOUT CALCIUM

- Eating traditional foods, such as soft bones, fish head soup, dried fish with bones, willow leaves, clams, caribou stomach contents and duck meat gives us calcium.

- It is important for **all ages** to eat foods high in calcium every day.

- Physical activity helps our bodies to keep the calcium in our bones.

- We need vitamin D to help our bodies get calcium from the food we eat. Vitamin D is added to milk or found in fish liver oil. You can also get it from being in the sunshine.

## LACTOSE INTOLERANCE

**CAUSE:** People lack the enzyme "lactase" which helps break down lactose (the natural sugar in milk) during digestion.

**SYMPTOMS:**

- Feel bloated with cramps
- Diarrhea and gas

**WHAT TO DO:**

- Eat traditional sources of calcium that don't have lactose:
  - char skin with the meat
  - fresh willow leaves
  - fish heads and soft fish bones
  - soft bones

- Drink only small amounts of milk at one time
- Eat small amounts of cheese or yogurt
- Use skim milk powder - it is easier to digest
- Drink "lact-aid" milk or use lactase tablets which have the lactase enzyme

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## EATING CALCIUM!

Eat dried fish with bones, or fish head soup.
Use skim milk powder in cooking and baking such as in bannock, milk puddings, casseroles and soups.
Drink milk!

## The following resources will provide you with more information about *Calcium.*


Native Foods and Nutrition - An Illustrated Reference Resource, Health and Welfare Canada, 1994

Northern Food, Tradition and Health Kit, Nutrition Section, GNWT, 1992

Nutrient Bar Graphs: A Teaching Aid to Learn the Value of Native Foods, Health and Welfare Canada, 1995

Nutrient Value of Some Common Foods , Health and Welfare Canada, 1987

Use and Nutrient Composition of Traditional Baffin Inuit Foods, Kuhnlein and Soueida, J. Food Comp. And Analysis 5, 112-126, 1992



*Produced by Baffin, Inuvik, Keewatin and Kitikmeot Health Boards, in conjunction with the Community Health Programs, Department of Health and Social Services, GNWT. Prototype developed by Dene Nation and Mackenzie Regional Health Services. Funded by Arctic Environmental Strategy. March 1996*

# Iron

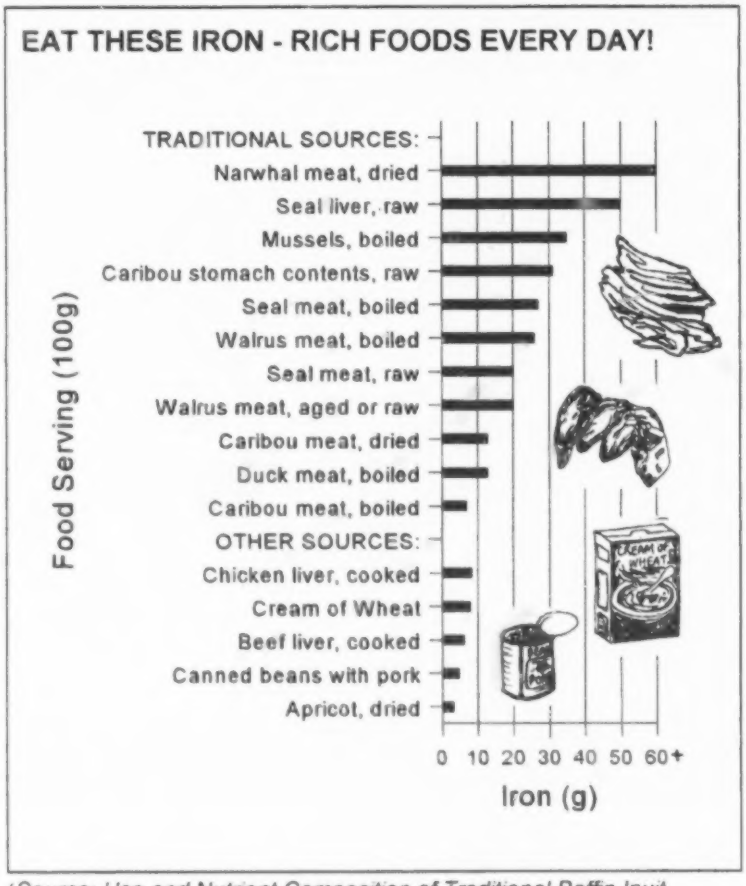
*NUTRITION FACT SHEET SERIES - 5*

**WITHOUT ENOUGH IRON ...**

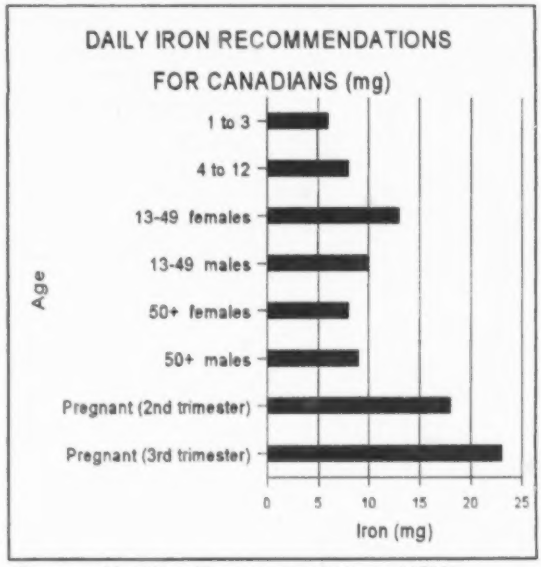
* Children may have slowed growth and poor learning ability.

* We may become tired and have no energy.

* If the iron levels in our body are too low, we may develop the disease called Iron Deficiency Anemia.




*(Source: Use and Nutrient Composition of Traditional Baffin Inuit Foods, 1992, and Nutrient Value of Some Common Foods, 1987)*



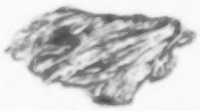

*(Source: Nutrition Recommendations, H&W Canada, 1990)*

*dried meat*

*blue mussel*

*duck*

## FACTS ABOUT IRON



• Children, teenage girls and pregnant women may be at risk for low iron levels because they often don't eat enough iron-rich foods.

• Iron from animal sources (caribou and seal) is absorbed by the body better than iron from plant sources like grains. All wild meats are an excellent source of iron.

• Eating iron-rich foods with foods high in Vitamin C, such as oranges, orange juice, broccoli, berries, and wild greens, helps our bodies absorb iron.

• Eating dried fish, fish eggs or fish head soup provides a good source of iron. Eat dried fish as a snack when travelling.

• Tea, coffee and soft drinks will decrease the amount of iron absorbed by the body. Try to eat these foods at a different time than when you eat iron-rich foods.

• Eat canned beans served with bannock made from enriched flour. This is a favorite with the kids and a good source of fibre too.

### FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

### EATING IRON!

Boiled organ meats and their broth make a soup full of iron. Add potatoes and carrots and serve it with bannock and a glass of unsweetened juice.

### The following resources will provide you with more information about *Iron.*


Native Foods and Nutrition - An Illustrated Reference Resource, Health and Welfare Canada, 1994.

Northern Food, Tradition and Health Kit, Nutrition Section, GNWT, 1992.

Nutrient Bar Graphs - A Teaching Aid to Learn the Value of Native Foods, Health and Welfare Canada, 1995.

Nutrient Value of Some Common Foods , Health and Welfare Canada, 1987.

Use and Nutrient Composition of Traditional Baffin Inuit Foods, Kuhnlein and Soueida, J. Food Composition and Analysis 5, 112-126, 1992.



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# Protein

*NUTRITION FACT SHEET SERIES - 6*

Protein is used to build and repair body tissues such as muscle, skin and blood. Protein also builds antibodies to help fight infection. Meat from traditional foods is an excellent source of protein.

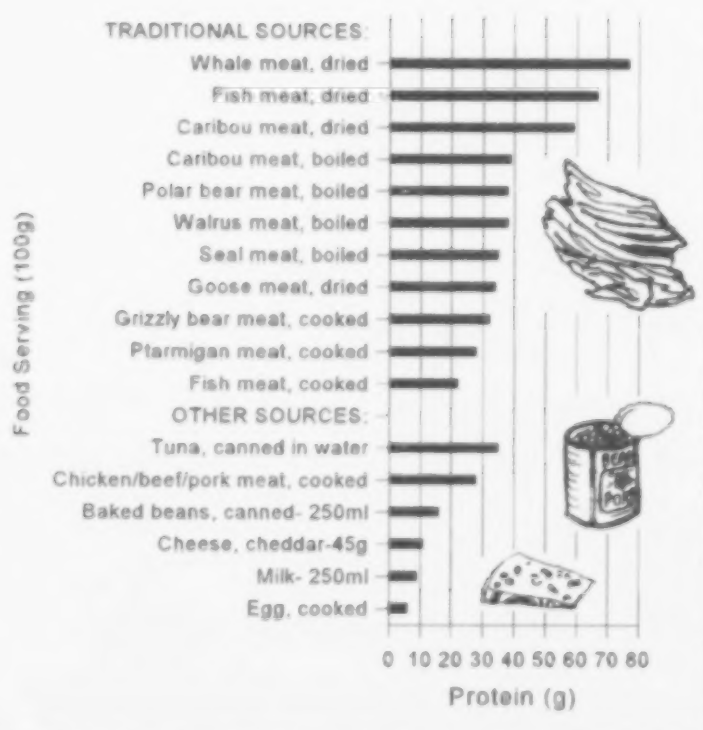
**WITHOUT ENOUGH PROTEIN....**

* We may have poor growth and weak muscles.

* We may have no resistance to infection or disease.

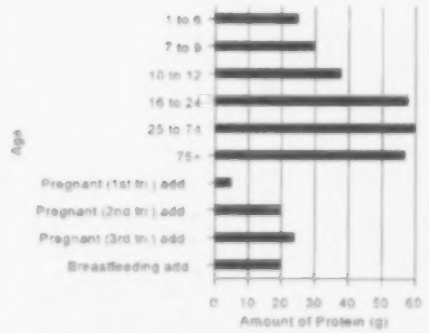
* Our skin may become dry and we may lose our appetite.

## EAT THESE PROTEIN - RICH FOODS EVERY DAY!




*(Source: Use and Nutrient Composition of Traditional Baffin Inuit Foods, 1992, and Nutrient Value of Some Common Foods, 1987)*

## DAILY PROTEIN RECOMMENDATIONS FOR CANADIANS (g)




*(Source: Nutrition Recommendations, H&W Canada, 1990)*

*dried meat*

*dried fish*

## *FACTS ABOUT PROTEIN*

• Traditional sources of meat, fish, and wild birds such as caribou, seal, whale, duck, ptarmigan, char and fish eggs are excellent sources of protein.

• Most wild game is lower in fat and higher in nutrients compared to store bought meats such as beef and pork, or their products (lunch meats, weiners, bologna).

• Organ meats such as liver, heart and kidney are an excellent source of protein and other nutrients such as iron, vitamin A and B vitamins.

• Most people meet the recommended daily intake for protein.

• Protein can also be found in grain products, and milk products as well as other foods such as baked beans, dried peas and lentils.

• Cooking does not change the protein value of food.

### FOR MORE INFORMATION CONTACT:

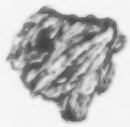
- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

### EATING PROTEIN!

We must continue to eat traditional foods for protein and the many other nutrients that these foods give us.

Eat meat with vegetables and rice or bannock for a nutritious meal.



### The following resources will provide you with more information about *Protein.*


Native Foods and Nutrition - An Illustrated Reference Resource, Health and Welfare Canada, 1994

Northern Food, Tradition and Health Kit, Nutrition Section, GNWT, 1992

Nutrient Bar Graphs - A Teaching Aid to Learn the Value of Native Foods, Health and Welfare Canada, 1995

Nutrient Value of Some Common Foods , Health and Welfare Canada, 1987

Use and Nutrient Composition of Traditional Baffin Inuit Foods, Kuhnlein and Soueida, J. Food Comp. And Analysis 5, 112-126 (1992)



*Produced by Baffin, Inuvik, Keewatin and Kitikmeot Health Boards, in conjunction with the Community Health Programs, Department of Health and Social Services, GNWT. Prototype developed by Dene Nation and Mackenzie Regional Health Services. Funded by Arctic Environmental Strategy. March 1996*

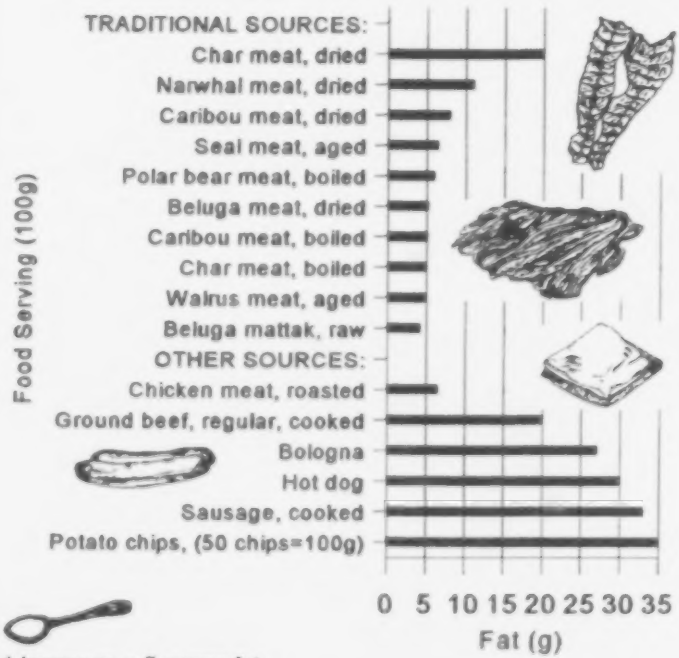
# Fat ... From Traditional Foods



**Many traditional fats are important sources of the fat soluble vitamins A, D, E and K. Fat provides us with energy, helps keep us warm and protects our body organs.**

**CHANGES IN OUR LIFESTYLES:**
In the past, when many people lived on the land hunting and gathering their food, traditional fats were a main source of food and energy. Today with a change in lifestyle to community living and an increase in the use of store bought foods, most of us do not need to eat as much fat.

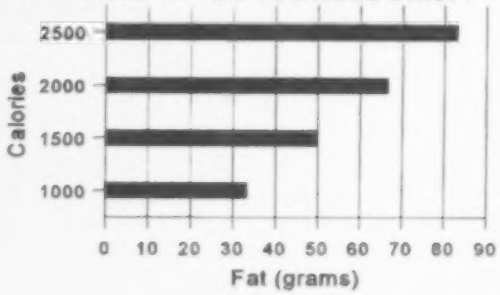
## HOW MUCH FAT IS IN A FOOD SERVING?




1 teaspoon = 5 grams fat

*(Source: Use and Nutrient Composition of Traditional Baffin Inuit Foods, 1992 and Nutrient Value of Some Common Foods, 1987)*

## HOW MUCH FAT DO YOU NEED DAILY?




People over two years of age do not need more than 30% of their calories as fat. What does this mean?
For example: If you are very active and eat 2000 calories a day, you could eat about 66 grams of fat each day. See the table beside this chart to see how much fat is in some traditional foods.

*(Source: Nutrition Recommendations, H&W Canada 1990))*

*dried meat*

*blubber*

*caribou fat*

# FACTS ABOUT FAT

- Traditional fats give us nutrients such as vitamins A, D, E, and K. Our bodies need these nutrients every day for good health.
- Use seal fat instead of lard to make bannock.
- **Blubber and fatty fish such as char and trout give us omega-3 fatty acids which help prevent heart disease, and may help prevent cancer.** Eat dried fish for a snack when travelling on the land.
- The fat content of traditional meats, such as caribou and muskox, is very low (1-2%) when compared to 12-20% for beef, pork and poultry.
- Traditional meats are the best choice for healthy eating.

**People are getting more of their fat from store-bought foods. These store fats do not have the important vitamins found in traditional fats.**

## FOR MORE INFORMATION CONTACT:

- **Your local Health Centre**
- **Your Regional Nutritionist**

**or** refer to the Nutrition Fact Sheet Series on Nutrients found in the **Contaminants and Your Health: NWT Fact Sheets** binder.

## EATING LESS FAT!

Although traditional fats from seal, whale, walrus and fish provide us with important nutrients for health, **too much of any fat (traditional or store bought), is not good for our health.**

**The following resources will provide you with more information about *Fat.***


Native Foods and Nutrition - An Illustrated Reference Resource Health and Welfare Canada, 1994.

Northern Food, Tradition and Health Kit. Nutrition Section, GNWT, 1992.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods. Health and Welfare Canada, 1995.

Nutrient Value of Some Common Foods . Health and Welfare Canada, 1987.

Use and Nutrient Composition of Traditional Baffin Inuit Foods. Kuhnlein and Soueida, J. Food Comp. And Analysis 5, 112-126, 1992.



*Produced by Baffin, Inuvik, Keewatin and Kitikmeot Health Boards, in conjunction with the Community Health Programs, Department of Health and Social Services, GNWT. Prototype developed by Dene Nation and Mackenzie Regional Health Services. Funded by Arctic Environmental Strategy. March 1996*

# Dene/Metis Nutrient

## *Fact Sheet Series*

# Vitamin A

*NUTRITION FACT SHEET SERIES - 1*

WE NEED VITAMIN A TO KEEP OUR SKIN, BONES AND TEETH. HEALTHY.
VITAMIN A HELPS FIGHT INFECTION AND HELPS US SEE BETTER IN THE DARK.

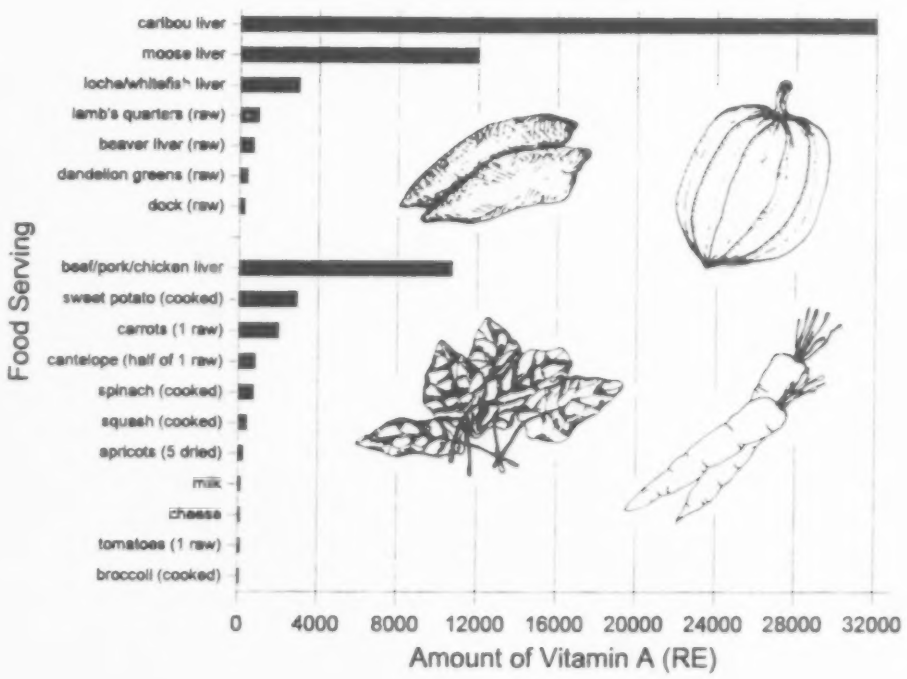
***WITHOUT ENOUGH VITAMIN A ....***

* We may get more infections, especially in the lungs, nose and throat.

* We may have problems seeing in the dark.

FOOD SERVING
100g

## EAT THESE VITAMIN A - RICH FOODS EVERYDAY!



FOOD SERVING
12.5 ml

(Source: Retinol Content of Wild Foods Consumed by Sahtu Dene/Metis, 1992, and Nutrient Value of Some Common Foods, 1987)

**Retinol Equivalent (RE)** is the measurement used for the amount of Vitamin A our bodies need daily.

## *FACTS ABOUT VITAMIN A*

* Vitamin A is fat-soluble and can be stored in our body. One serving of Vitamin A- rich foods such as liver, will meet our body's need for several days.

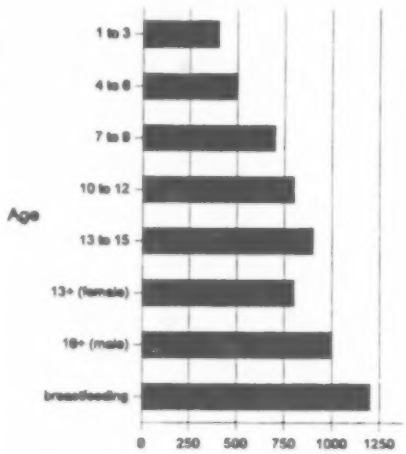
* Vitamin A is stored in the liver. Eating too much Vitamin A can be dangerous.

* Choose fruits and vegetables with the deepest, darkest colour such as carrots, lamb's quarters and spinach instead of celery and iceberg lettuce.

* Add grated raw vegetables such as carrots to meatloaves, meatballs and casseroles to increase the nutrient intake.

* Drink vegetable juice and milk instead of pop or Kool-aid.

**DAILY VITAMIN A RECOMMENDATIONS FOR CANADIANS (RE)**




(Source: Nutrition Recommendations, 1990, H&W Canada)

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Vitamin A.***


Native Foods and Nutrition - An Illustrated Reference Resource (1994) Health and Welfare Canada

Northern Food, Tradition and Health Kit (1992) Dept. of Health and Social Services, GNWT

Nutrient Bar Graphs - A Teaching Aid to Learn the Value of Native Foods (1984) Health and Welfare Canada

Nutrient Value of Some Common Foods (1987) Health and Welfare Canada

Retinol Content of Wild Foods Consumed by the Sahtu (Hareskin) Dene/Metis (1992) Morrison and Kuhnlein J. Food Composition and Analysis



*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995*

# Vitamin C

*NUTRITION FACT SHEET SERIES - 2*

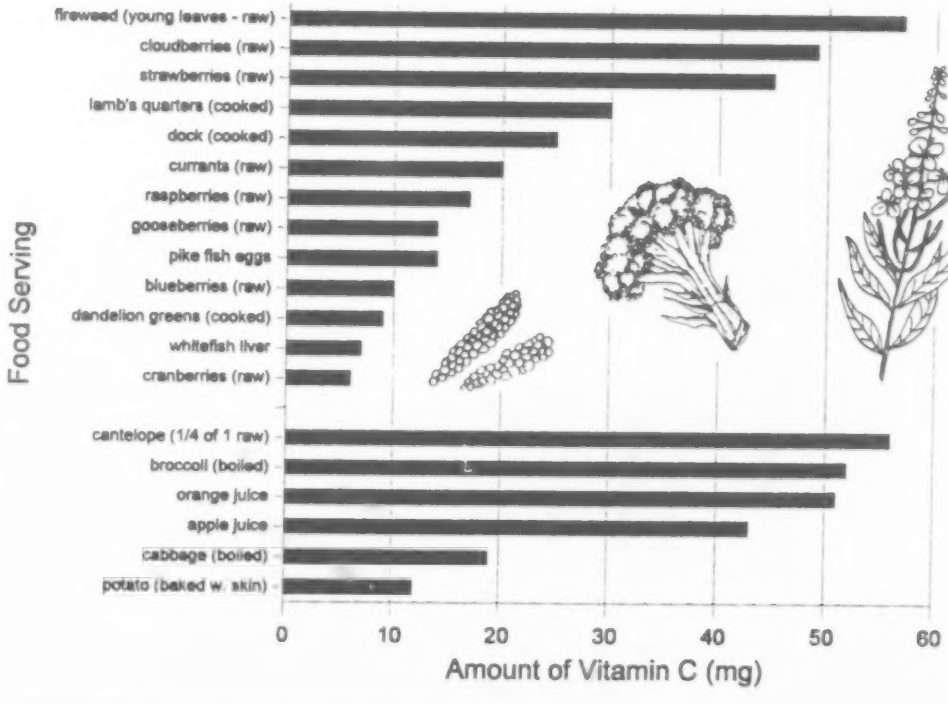
VITAMIN C KEEPS OUR GUMS, TEETH, SKIN AND BLOOD VESSELS HEALTHY. IT ALSO HELPS WOUNDS HEAL AND HELPS OUR BODY FIGHT INFECTION.

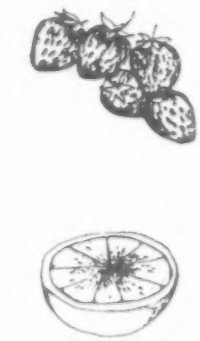
***WITHOUT ENOUGH VITAMIN C ....***

* We may get more infections, bleeding gums and sore teeth.

FOOD SERVING
100 g

## EAT THESE VITAMIN C - RICH FOODS EVERY DAY!



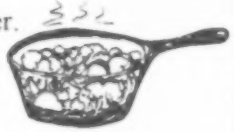
FOOD SERVING
125 ml

(Source: Native Foods and Nutrition, 1994, and Nutrient Value of Some Common Foods, 1987)

## *FACTS ABOUT VITAMIN C*

* During times of illness, stress or surgery, we need extra Vitamin C.

* Vitamin C is lost in water, therefore:
- Don't soak vegetables in water
- Cook vegetables in very little water.
- Save water you cooked vegetables in to make soup, stew or bannock.

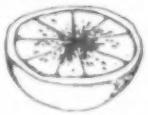


* Store vegetables and fruit in containers or bags so they do not wilt and loose their Vitamin C.

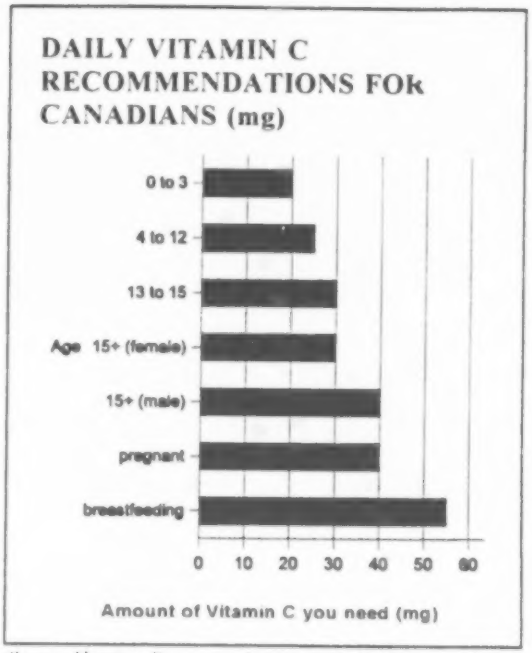
* Eat Vitamin C-rich foods with Iron-rich foods such as breads, cereals and vegetables to increase your iron intake.

* The best source of Vitamin C is in fresh fruits and vegetables eaten raw.

* Add cranberries to bannock to increase your Vitamin C intake.



*Freezing destroys very little Vitamin C so freeze berries, fruits and vegetables when in season.




(Source: Nutrition Recommendations, 1990, H&W Canada)

**Smokers need twice as much Vitamin C because smoking reduces the body's ability to use Vitamin C!**

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Vitamin C.***


Native Foods and Nutrition - An Illustrated Reference Resource (1994) Health and Welfare Canada

Northern Food, Tradition and Health Kit (1992) Dept of Health and Social Services, GNWT

Nutrient Bar Graphs A Teaching Aid to Learn the Value of Native Foods (1984) Health and Welfare Canada

Nutrient Value of Some Common Foods (1987) Health and Welfare Canada

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994) Kuhnlein et al., CINE



*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995*

# B Vitamins

**(Thiamine, Niacin and Riboflavin)**

*NUTRITION FACT SHEET SERIES - 3*

B VITAMINS HELP OUR BODY USE THE ENERGY FROM FAT, CARBOHYDRATES AND PROTEIN.
B VITAMINS ALSO HELP KEEP OUR EYES, SKIN, MOUTH AND NERVOUS SYSTEM HEALTHY.

***WITHOUT ENOUGH B VITAMINS ...***

* We become tired and loose our appetite
* Our skin becomes dry
* We may get cracks in corner of our mouth
* We may have problems digesting food

FOOD SERVING
100g

## EAT THESE B VITAMIN-RICH FOODS EVERYDAY!

**TRADITIONAL SOURCES:**

Caribou meat, dried
Rabbit meat, stewed
Ptarmigan meat, roasted
Caribou or moose meat, roasted
Goose or muskrat meat, roasted
Fish eggs, raw
Fish meat, smoked or baked
Lamb's Quarter, raw

**OTHER SOURCES:**

Pork, beef and poultry meats and organs
Dried peas, beans and legumes
Nuts
Enriched bread and cereal products
Wheatgerm
Milk and milk products
Dark green, leafy vegetables

(Source: Native Foods and Nutrition, 1994, and Nutrient Value of Some Common Foods, 1987)

## FACTS ABOUT B VITAMINS

* B Vitamins are a "family" of several different vitamins of which thiamine, riboflavin and niacin are three

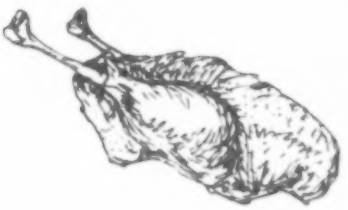
* Traditional meats such as caribou and rabbit are excellent sources of some B Vitamins
* B Vitamins are lost in water Cooking should be done with a small amount of water

* Thiamine is destroyed by heat
* Milk is a good source of Riboflavin Milk is sold in containers that block sunlight
* B Vitamins are added back to cereals to make them "enriched"

## DAILY B VITAMIN RECOMMENDATIONS FOR CANADIANS (mg)

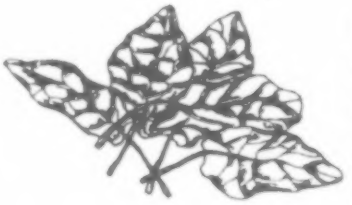
| Age | Thiamine | Riboflavin | Niacin |
|---|---|---|---|
| 25-49 Year Male | 1 10 | 1 40 | 19 0 |
| 25-49 Year Female | 0 80 | 1 00 | 14 0 |

(Source: Nutrition Recommendations, 1990, H&W Canada)



## HOW MANY B VITAMINS ARE IN A FOOD SERVING?

| FOOD SERVING 100g | THIAMINE (mg) | RIBOFLAVIN (mg) | NIACIN (mg) |
|---|---|---|---|
| Caribou meat, dried | 1 10 | 1 10 | 20 0 |
| Rabbit meat, stewed | 0 02 | 0 07 | 16 6 |
| Ptarmigan meat, roasted | 0 32 | 0 54 | 14 6 |
| Caribou meat, roasted | 0 25 | 0 90 | 13 4 |
| Moose meat, roasted | 0 06 | 0 34 | 10 6 |
| Muskrat meat, roasted | 0 09 | 0 52 | 10 0 |
| Goose meat, roasted | 0 08 | 0 32 | 9 7 |
| Whitefish, broiled | 0 12 | 0 06 | 7 1 |
| Lamb's quarters, raw | 0 16 | 0 44 | 1 8 |
| Beef liver, cooked | 0 20 | 4 10 | 20 8 |
| Peanuts (162ml) | 0 30 | 0 10 | 20 3 |
| All Bran cereal (277ml) | 2 00 | 0 20 | 17 1 |
| Spinach, boiled (131ml) | 0 09 | 0 23 | 1 2 |



(Source: Native Foods and Nutrition - An Illustrated Reference Resource (1994) Health and Welfare Canada)

# FOR MORE INFORMATION CONTACT:

- Your Local Health Centre
- Your Band Office
- Your Regional Nutritionist
- The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *B Vitamins.***


1 Native Foods and Nutrition - An Illustrated Reference Resource (1994) Health and Welfare Canada

2 Northern Food, Tradition and Health Kit (1992) Nutrition Section, GNWT

3 Nutrient Bar Graphs A Teaching Aid to Learn the Value of Native Foods (1984) Health and Welfare Canada

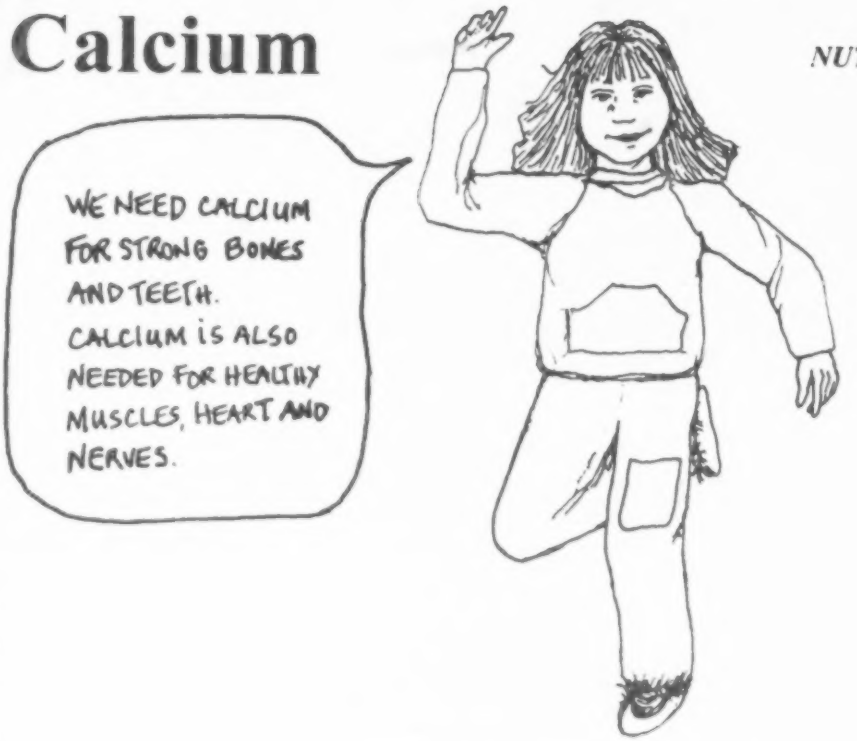
4 Nutrient Value of Some Common Foods (1988) Health and Welfare Canada



*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995*

# Calcium

*NUTRITION FACT SHEET SERIES - 4*



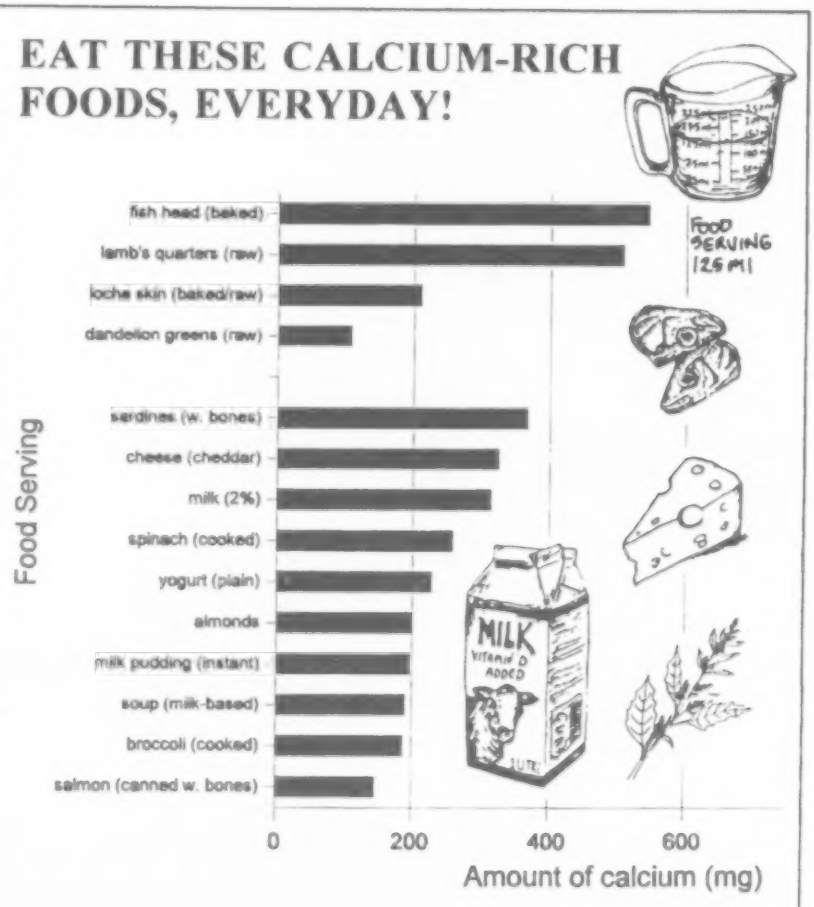

***WITHOUT ENOUGH CALCIUM ....***

* Our bones become weak and brittle and break easily. This is a disease called Osteoporosis.

* Our hips and knees may develop weak joints.

* Our teeth may decay.

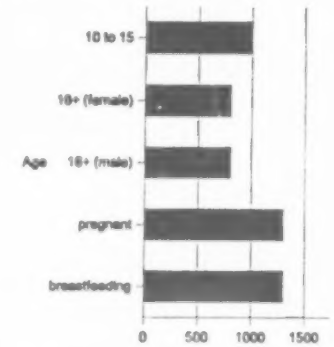
## EAT THESE CALCIUM-RICH FOODS, EVERYDAY!



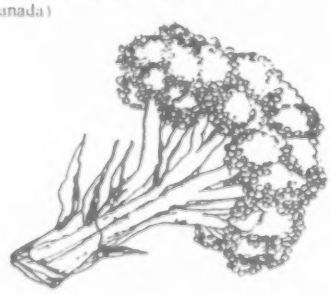

(Source: Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods, 1994 and Nutrient Value of Some Common Foods, 1987

## DAILY CALCIUM RECOMMENDATIONS FOR CANADIANS (mg)

(Approximate Values)




(Source: Nutrition Recommendations 1990. H&W Canada)



## *FACTS ABOUT CALCIUM*

* We never outgrow our need for Calcium.

* Fish heads and lamb's quarters are the best sources of Calcium.

* Physical activity maintains the Calcium in our bones to keep them strong.

* Vitamin D, found in fortified milk and fish oil, improves Calcium absorption.

* Too much phosphorus, found in many soft drinks, increases our need for Calcium

*Include skim milk powder in recipes for bannock, bread, milk puddings, soups, casseroles, etc. to increase Calcium intake.

* Plain yogurt can be used in cooking instead of sour cream, or to replace mayonnaise in salad dressings and dips.

## LACTOSE INTOLERANCE

**WHAT IS LACTOSE:**
Lactose is the natural sugar in milk.

**CAUSE:**
People lack the enzyme "lactase" which breaks down milk sugar in the body.

**SYMPTOMS:**
* Feel bloated with cramps
* Diarrhea and gas

**WHAT TO DO:**
* Drink small amounts of milk only
* Eat small amounts of cheese or yogurt
* Drink "lact-aid" milk
* Use lactase tablets which have the lactase enzyme
* Eat other food sources of calcium such as fish head soup

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Calcium.***

Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Dept. of Health and Social Services, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1987). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994). Kuhnlein et al. CINE

*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995*

# Iron

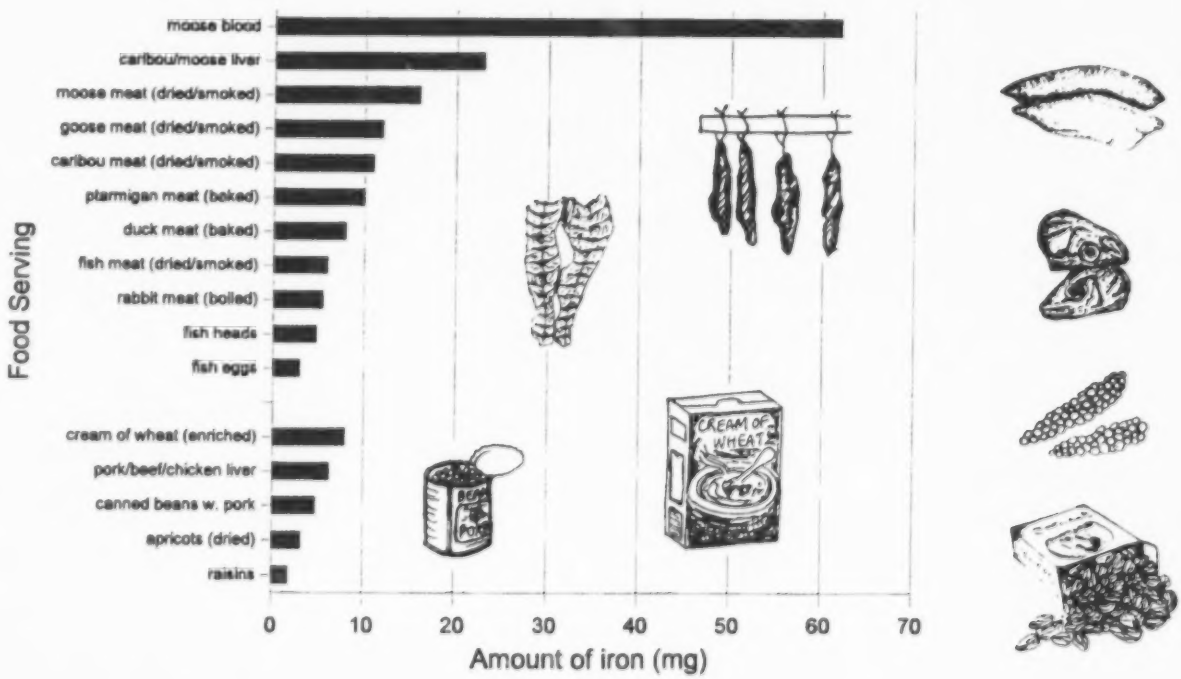
*NUTRITION FACT SHEET SERIES - 5*

***WITHOUT ENOUGH IRON ....***

* Children may have slowed growth and poor learning ability.
* We may become tired and have no energy.
* We may develop the disease called Iron Deficiency Anemia if the iron levels in our body are too low.

FOOD SERVING
100 g

## EAT THESE IRON-RICH FOODS EVERY DAY!




(Source: Use and Nutrient Composition of Traditional Sahtu Dene/Metis Foods, 1994 and Nutrient Value of Some Common Foods, 1987)

## *FACTS ABOUT IRON*

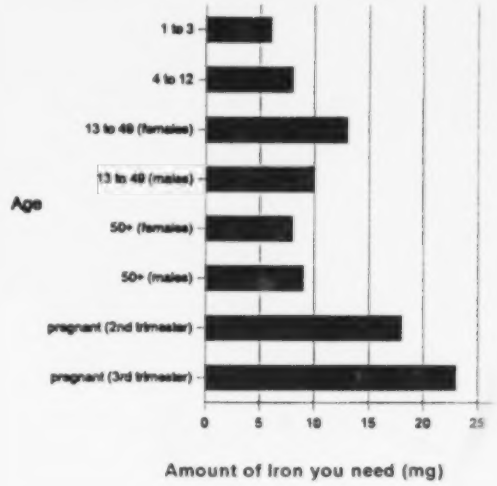
* Children, teenage girls and pregnant women may be at risk for low iron levels because they often don't eat enough iron-rich foods.

* Iron from animal sources such as caribou and moose are absorbed by the body better than plant sources such as grains.

* To help absorb more iron, eat iron-rich foods with foods high in Vitamin C such as oranges, orange juice, broccoli, berries, and wild greens).

* Tea, coffee, spinach and whole grain food products will decrease the amount of iron absorbed by the body. Try to eat these foods at a different time than when you eat iron-rich foods.

**DAILY IRON RECOMMENDATIONS FOR CANADIANS (mg)**




(Source: Nutrition Recommendations, 1990, H&W Canada)

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Calcium.***


Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1987). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994). Kuhnlein et al., CINE.



***Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995***

# Protein

*NUTRITION FACT SHEET SERIES - 6*

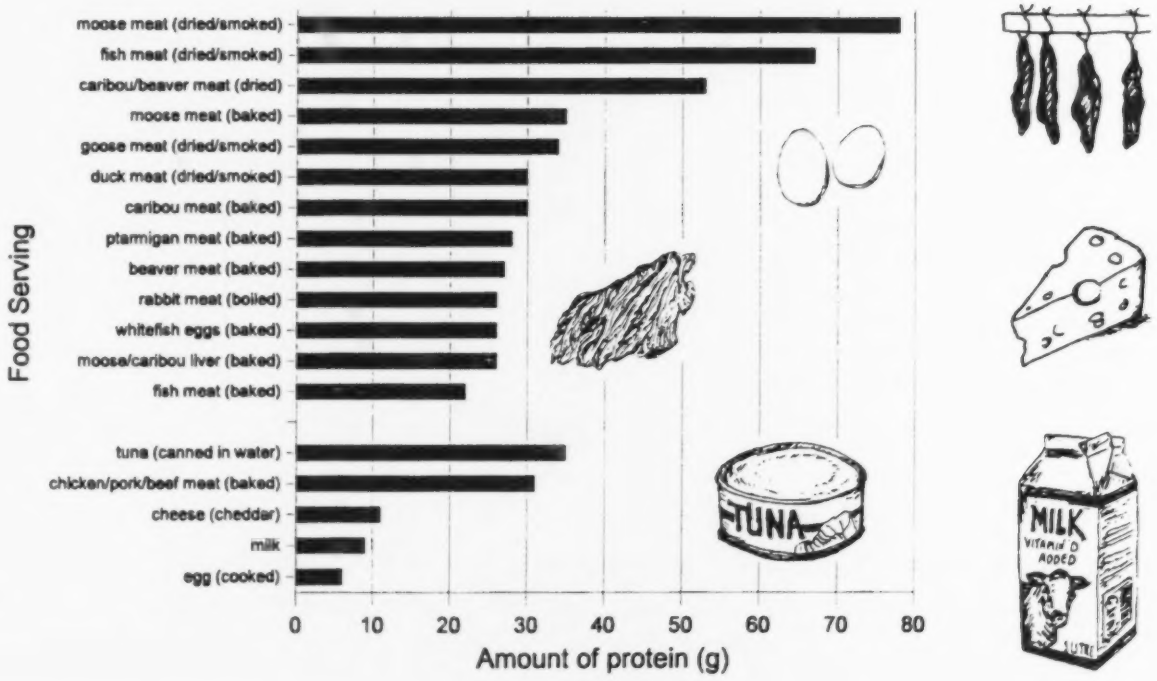
PROTEIN IS USED TO BUILD AND REPAIR BODY TISSUES SUCH AS MUSCLE, SKIN AND BLOOD. PROTEIN ALSO BUILDS ANTIBODIES TO HELP FIGHT INFECTION.

***WITHOUT ENOUGH PROTEIN ....***

* We may have poor growth and weak muscles.
* We may have no resistance to infection or disease.
* Our skin may become dry and we may loose our appetite.

FOOD SERVING
100g

## EAT THESE PROTEIN-RICH FOODS EVERYDAY!




(Source: Use and Nutrient Composition of Traditional Sahtu Dene/Metis Foods. 1994 and Nutrient Value of Some Common Foods. 1987)

## *FACTS ABOUT PROTEIN*

* Children, adolescents and pregnant women need protein daily, for proper growth and development.

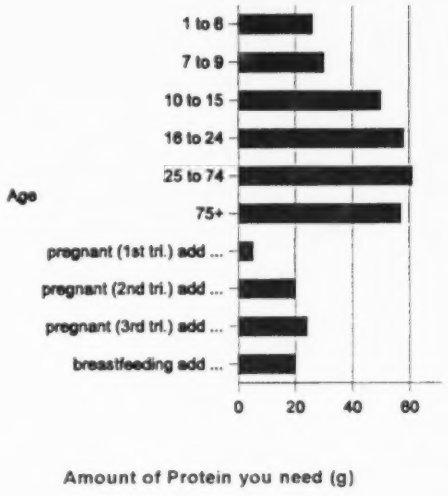
* Cooking does not change the protein value of food.

* Most people meet the recommended daily intake for protein.

* All traditional sources of meat and fish such as caribou, moose, trout and fish eggs are excellent sources of protein.

* Protein can be found in grain products, milk products and meat as well as other foods such as baked beans, dried peas and lentils.

**DAILY PROTEIN RECOMMENDATIONS FOR CANADIANS (g)**




(Source: Nutrition Recommendations. 1990. H&W Canada)

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Protein.***

Native Foods and Nutrition - An Illustrated Reference Resource (1994) Health and Welfare Canada

Northern Food, Tradition and Health Kit (1992). Nutrition Section, GNWT

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1987). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994). Kuhnlein et al., CINE

*Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995*

# Fat ... FROM TRADITIONAL FOODS

MANY TRADITITIONAL FATS ARE IMPORTANT SOURCES OF THE FAT SOLUBLE VITAMINS A, D, E AND K.
FAT PROVIDES US WITH ENERGY, HELPS KEEP US WARM AND PROTECTS OUR BODY ORGANS.

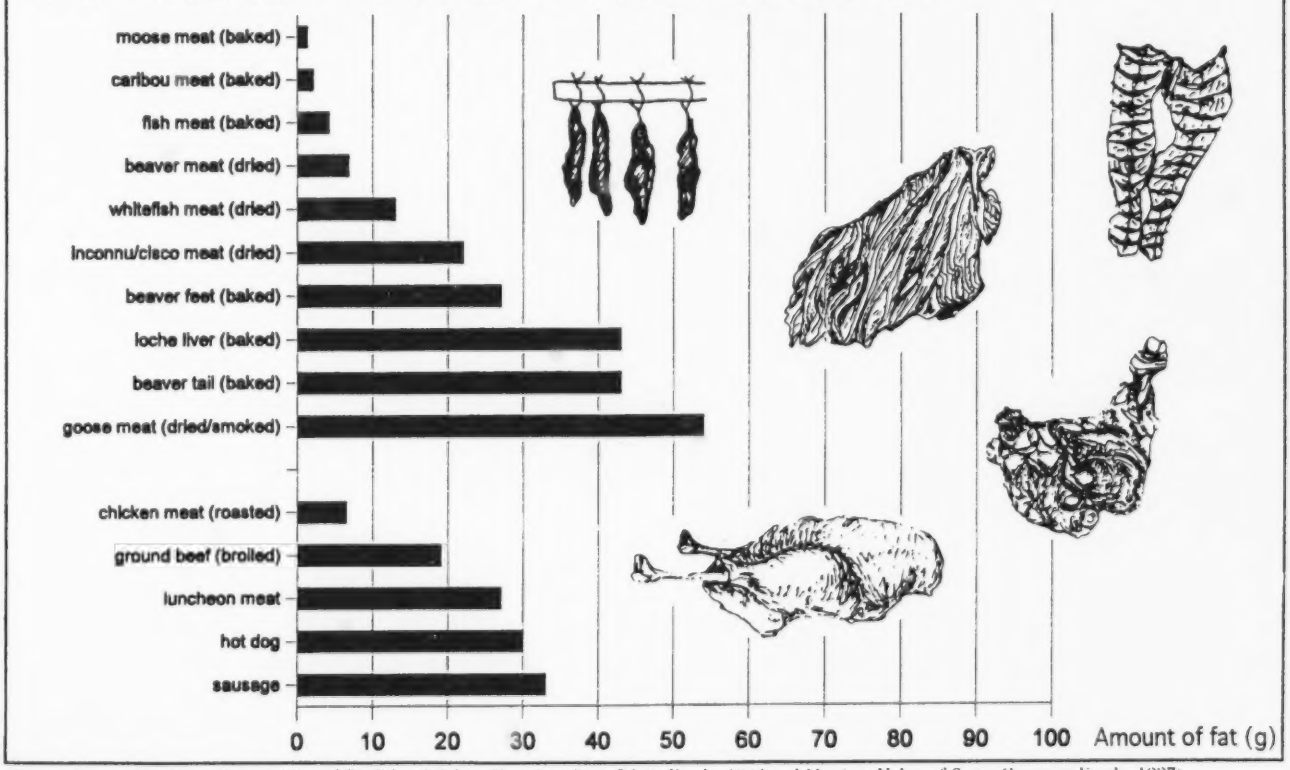
**OMEGA-3 FATTY ACIDS**

Fish oils are a good source of fat. They contain Omega-3 fatty acids that help protect against heart disease and cancer.

**WHICH FAT DO YOU EAT?**

People are getting more of their fat from store-bought foods. These fats do not have the important vitamins that traditional fats have.

## HOW MUCH FAT IS IN A FOOD SERVING?



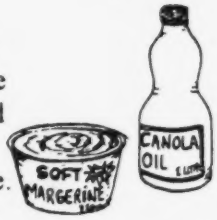

(Source: Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods. 1994 and Nutrient Value of Some Common Foods. 1987)

# FACTS ABOUT FAT!

* Choose traditional sources of fat. These fats are used for their flavour, as a dip or spread, for baking, frying and preserving food.

* The fat content of meats such as moose and caribou are very low, 1% compared to 12-45% for beef, pork or poultry.

* Eat fatty fish such as char, trout and whitefish often. These fish oils help protect against heart disease and cancer.




* Fats that are liquid or soft at room temperature help lower the risk of heart disease. Butter and lard are poor fat choices and increase the risk of heart disease.

* Avoid frying foods and high fat foods such as fried chicken. One fried chicken dinner contains 17 teaspoons of fat. It is best to bake, broil or boil meats.

## DAILY FAT RECOMMENDATIONS FOR CANADIANS (g)

| Age | Grams Fat per Day | # of Teaspoons per Day |
|---|---|---|
| 4-6 years | 40-50g | 9-10 |
| 7-18 years | 50-60g | 10-12 |
| Adults | 30-60g | 7-12 |

(Source: Nutrition Recommendations, 1990, H&W Canada)

## EATING TOO MUCH FAT!

All fats and oils are a source of energy. If too many high fat foods are eaten, people are at a higher risk of developing obesity, diabetes and heart disease. Choosing traditional fats, and low-fat store foods such as skim or 1% milk, low-fat yogurt and low-fat salad dressing will help to lower these risks.

## FOR MORE INFORMATION CONTACT:

* Your Local Health Centre
* Your Band Office
* Your Regional Nutritionist
* The Dene Nation (403) 873-4081

**The following resources will provide you with more information about *Fat.***

Native Foods and Nutrition - An Illustrated Reference Resource (1994). Health and Welfare Canada.

Northern Food, Tradition and Health Kit (1992). Nutrition Section, GNWT.

Nutrient Bar Graphs. A Teaching Aid to Learn the Value of Native Foods (1984). Health and Welfare Canada.

Nutrient Value of Some Common Foods (1987). Health and Welfare Canada.

Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods (1994). Kuhnlein et al. CINE

***Produced by Mackenzie Regional Health Service and the Dene Nation. Funded by Arctic Environmental Strategy. March 1995***

# Pictorial Nutrient

## *Fact Sheet Series*

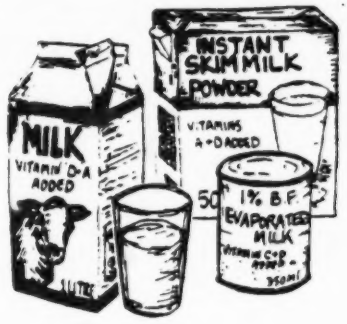
# Good Sources of Calcium

We need Calcium for strong bones and teeth. Calcium also helps maintain normal blood pressure and is needed for healthy muscles, heart and nerves.

## Best Sources

Fish Heads

Wild Greens




Milk

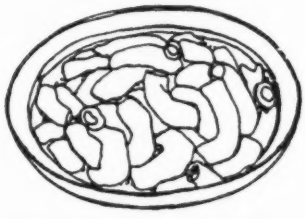
## Better Sources

Cheese

Fish with Bones

Milk Based Pudding and Soup

## Better Sources

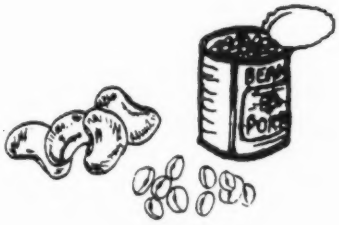


Macaroni and Cheese

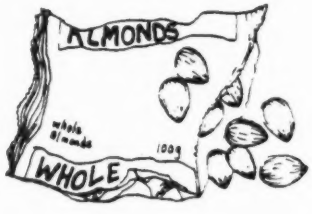
Milkshake • Ice Cream • Yogurt

Spinach • Broccoli

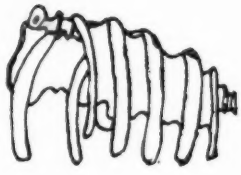
## Good Sources




Beans




Almonds

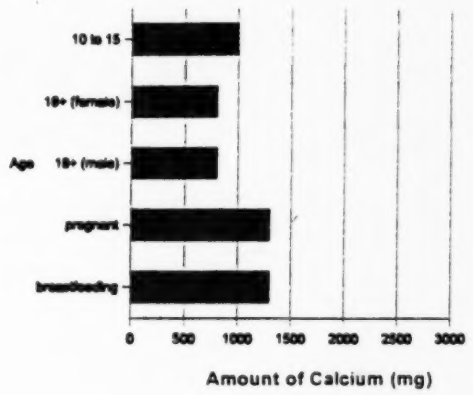


Soft Bones

*Nutrition Program, Mackenzie Regional Health Service and Keewatin Regional Health Board. March 1995*

## *DAILY CALCIUM RECOMMENDATIONS FOR CANADIANS (mg)*

(Approximate Values)




(Source: Nutrition Recommendations 1990, H&W Canada)

## *WITHOUT ENOUGH CALCIUM ...*

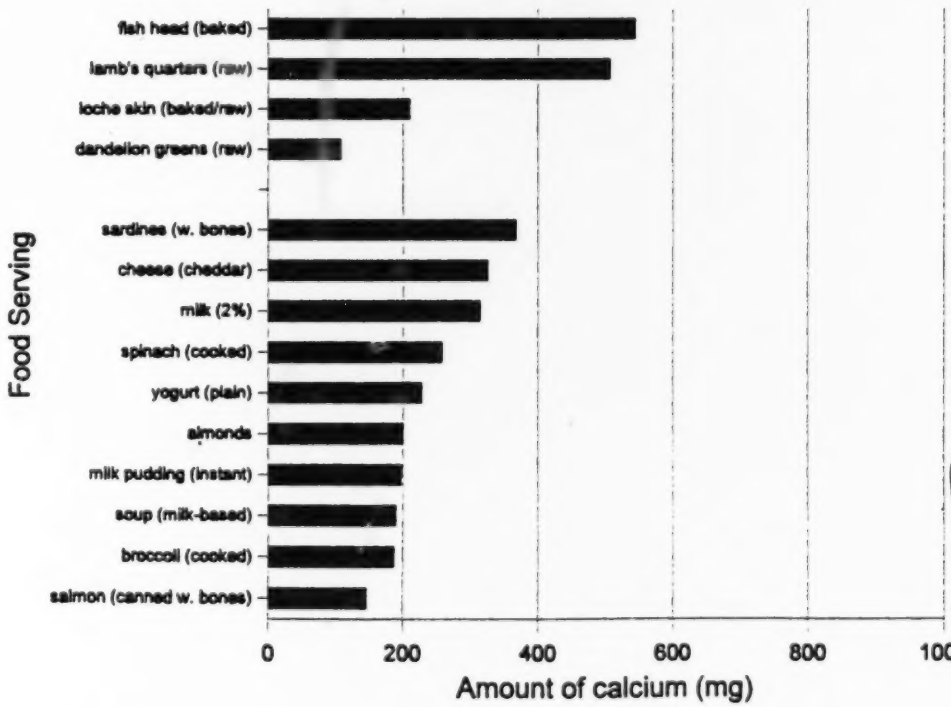
* Our bones become weak and brittle and may break easily. This may develop into a disease called Osteoporosis.

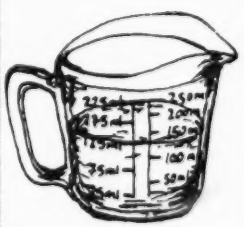
* Hip and knee joints may become weak.

* Tooth decay may occur.

FOOD SERVING
100g

## HOW MUCH CALCIUM IS IN A FOOD SERVING?



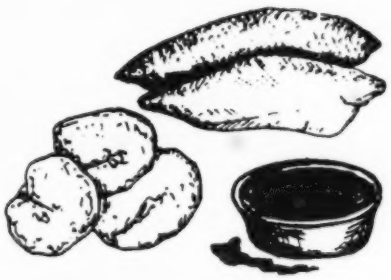
FOOD SERVING
125 ml

(Source: Use and Nutrient Composition of Traditional Sahtu (Hareskin) Dene/Metis Foods, 1994 and Nutrient Value of Some Common Foods, 1987)

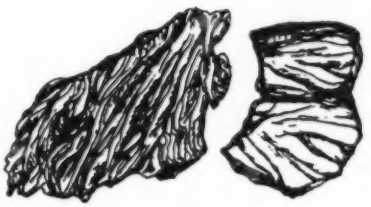
# Good Sources of Iron

Iron helps make good red blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

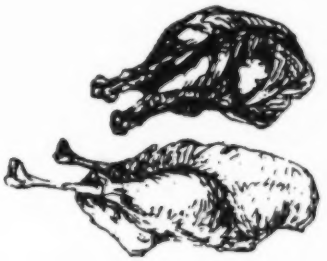
Best Sources



Organ Meat and Blood

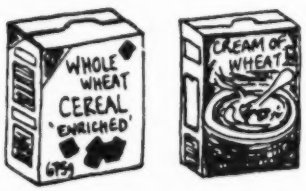


Red Meat

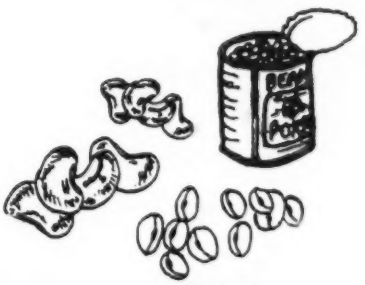


Wild Bird

Better Sources




Enriched Cereal




Beans

Dried Fish • Fish Eggs • Fish Heads

Better Sources

Enriched Flour • Bread • Bannock

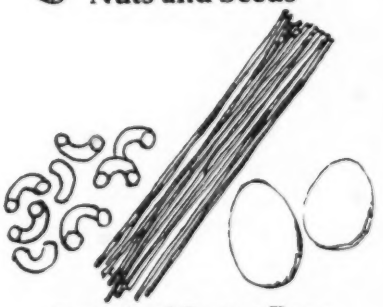
Dark Green Vegetables

Nuts and Seeds

Good Sources

Dried Fruit

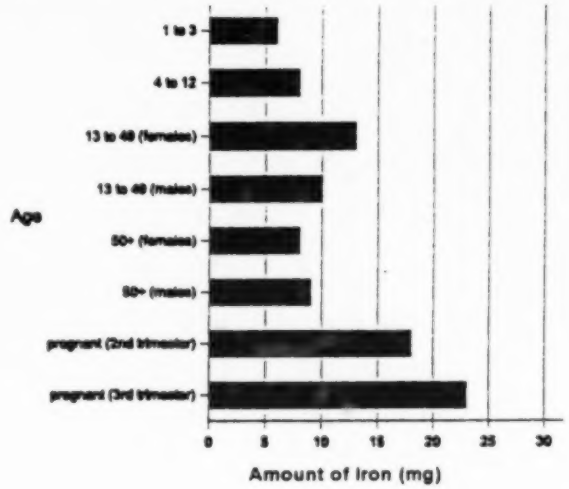
Iron Fortified Infant Cereal



Enriched Pasta • Eggs

*Nutrition Program, Mackenzie Regional Health Service and Keewatin Regional Health Board. March 1995*

## *DAILY IRON RECOMMENDATIONS FOR CANADIANS (mg)*




(Source: Nutrition Recommendations. 1990. H&W Canada)

## *WITHOUT ENOUGH IRON ...*

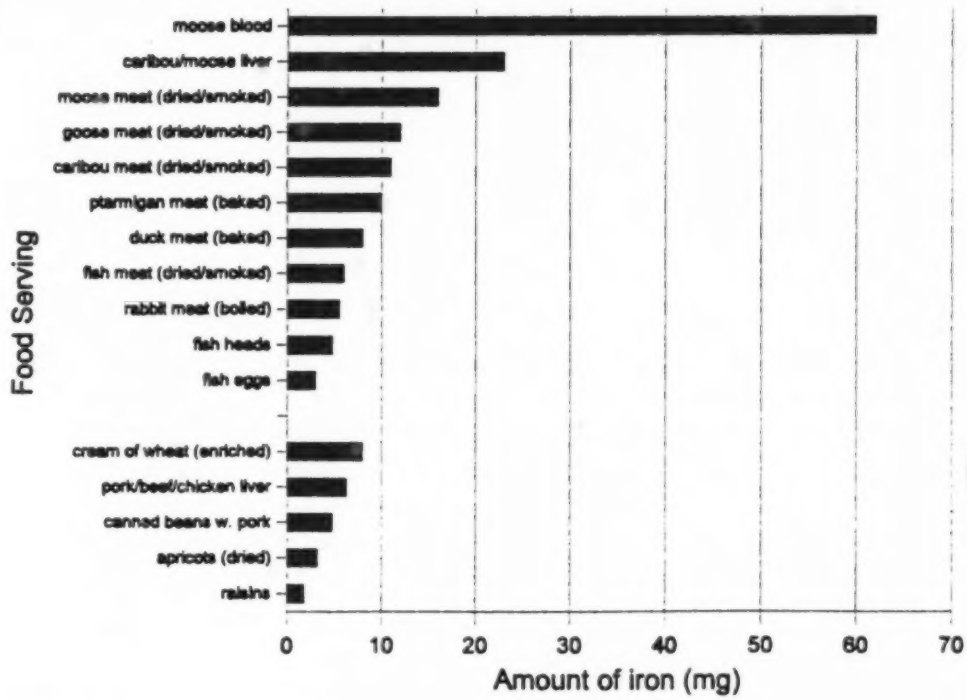
* Children may have slowed growth and poor learning ability.

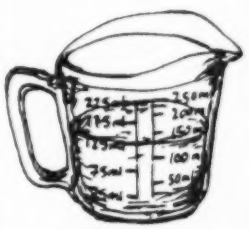
* We get tired and have no energy.

* We may develop Iron Deficiency Anemia.

FOOD SERVING
100g

## HOW MUCH IRON IS IN A FOOD SERVING?



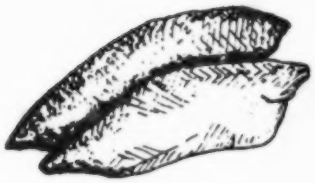
FOOD SERVING
125 ml

(Source: Use and Nutrient Composition of Traditional Sahtu Dene/Metis Foods. 1994 and Nutrient Value of Some Common Foods. 1987)

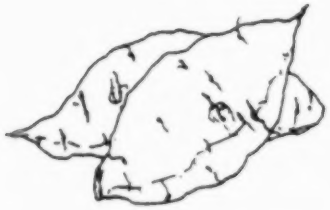
# Good Sources of Vitamin A

Vitamin A is needed for healthy skin, bones and teeth. Vitamin A helps our body fight infection and lets us see better in the dark.

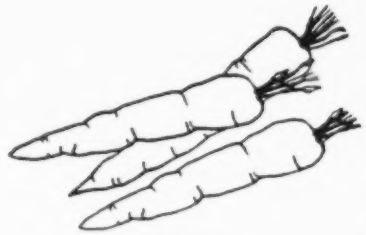
Best Sources



Liver



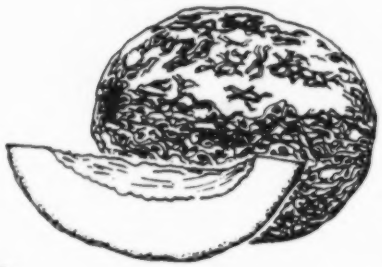
Sweet Potato



Carrots

Better Sources

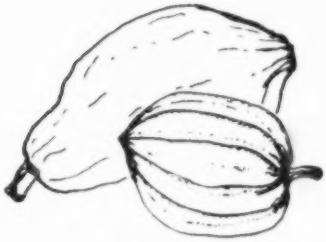
Lamb's Quarter



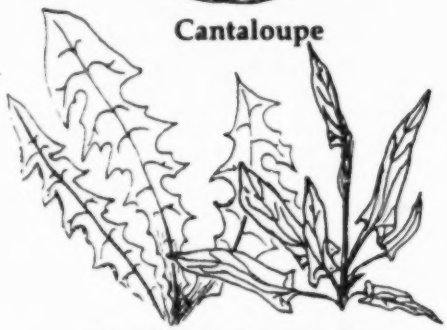
Cantaloupe

Spinach

Better Sources



Squash



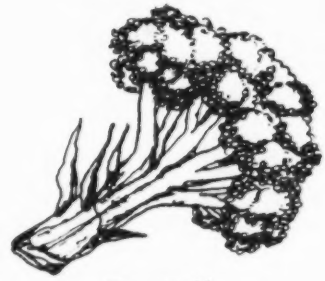
Dandelion Greens • Dock

Dried Apricots

Good Sources

Milk

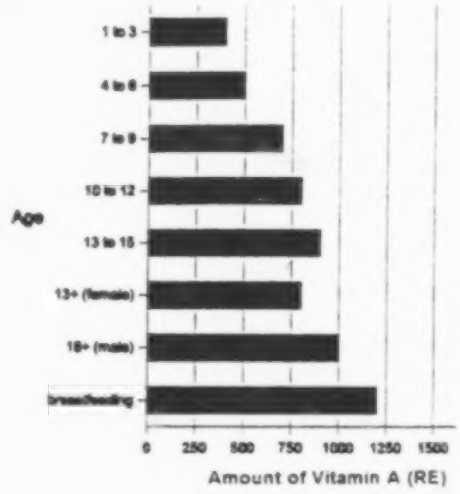
Tomatoes



Broccoli

*Nutrition Program, Mackenzie Regional Health Service and Keewatin Regional Health Board. March 1995*

## *DAILY VITAMIN A RECOMMENDATIONS FOR CANADIANS (RE)*




(Source: Nutrition Recommendations, 1990, H&W Canada)

## *WITHOUT ENOUGH VITAMIN A ...*

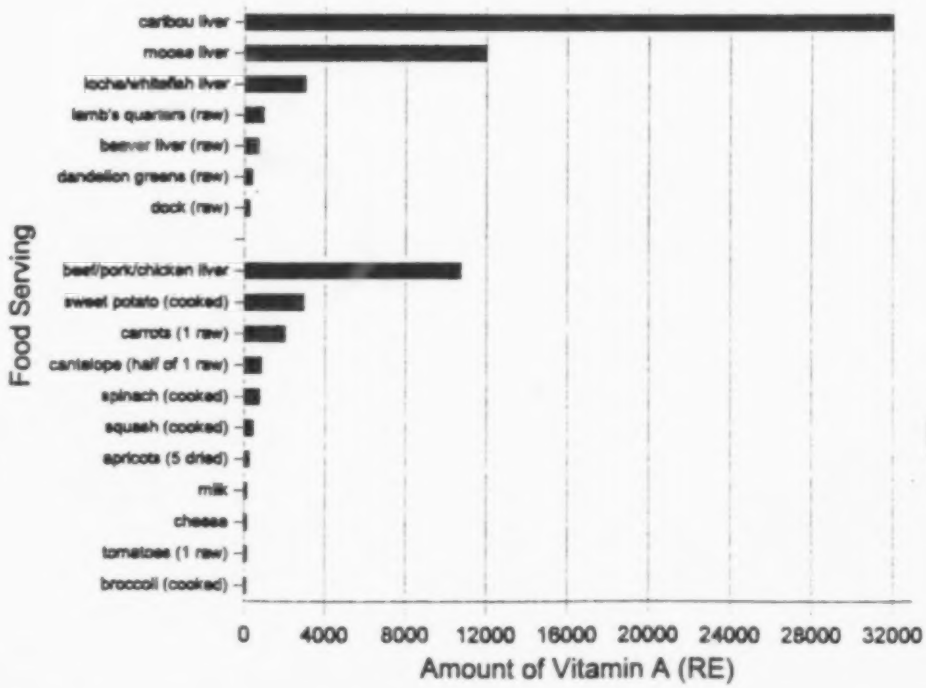
* We may get more infections, especially in the respiratory tract.

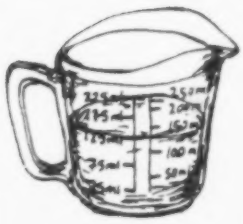
* We may have poor night vision.

***Retinol Equivalent (RE)***
is the measurement used for the amount of Vitamin A our bodies need daily.

FOOD SERVING
100g

## HOW MUCH VITAMIN A IS IN A FOOD SERVING?



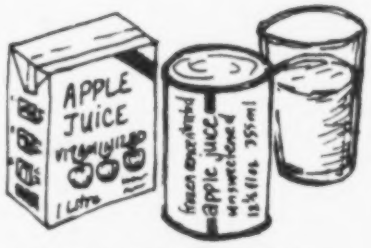
FOOD SERVING
125 ml

(Source: Retinol Content of Wild Foods Consumed by Sahtu Dene/Metis, 1992, and Nutrient Value of Some Common Foods, 1987)

# Good Sources of Vitamin C

Vitamin C is needed for healthy gums, teeth , skin and blood vessels. It helps us to fight infections. Vitamin C also helps our bodies use iron from food. Did you know smokers need twice as much Vitamin C?

## Best Sources



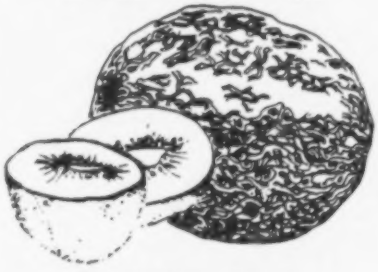

Vitaminized Apple Juice

Uncooked Rosehips

Unsweetened Orange Juice

## Better Sources

Wild Berries



Kiwi • Cantaloupe

Cauliflower • Broccoli • Peppers

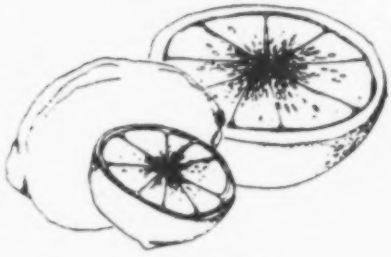
## Better Sources

Wild Greens

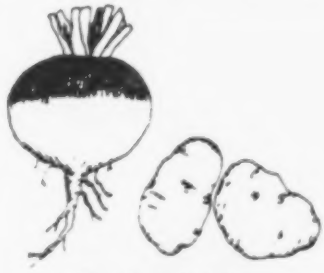
Tomatoes • Tomato Juice

Tomato Soup • Tomato Sauce

## Good Sources



Citrus Fruit

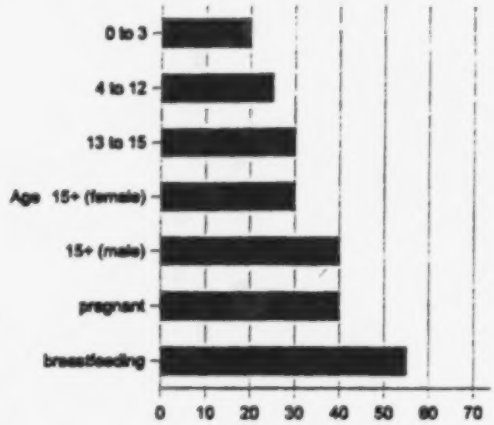


Turnip • Potato

Cabbage

*Nutrition Program, Mackenzie Regional Health Service and Keewatin Regional Health Board. March 1995*

## *DAILY VITAMIN C RECOMMENDATIONS FOR CANADIANS (mg)*




(Source: Nutrition Recommendations. 1990. H&W Canada)

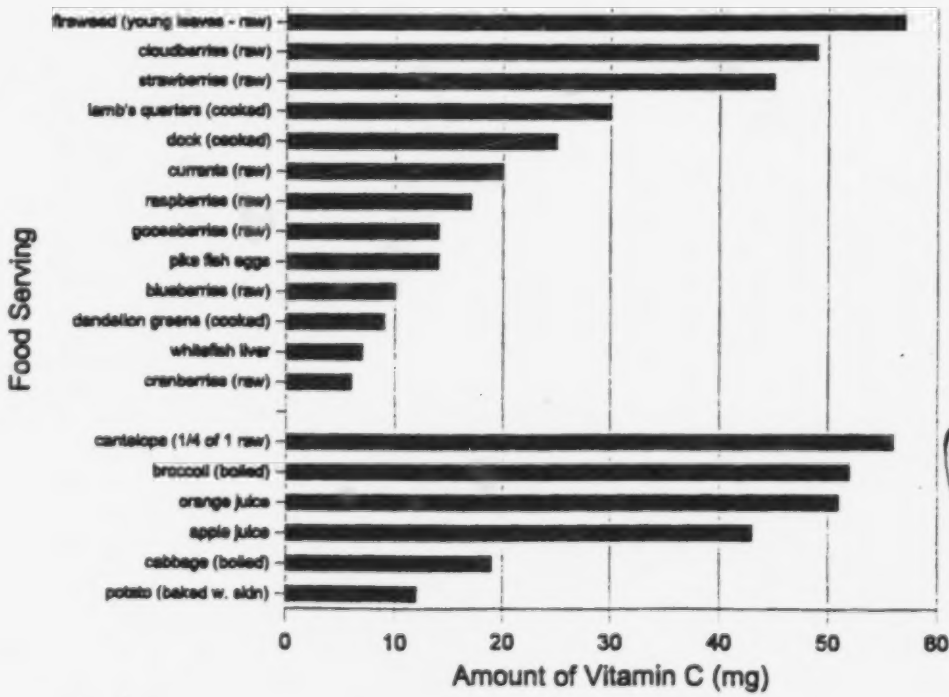
## *WITHOUT ENOUGH VITAMIN C ...*

* We may get more infections.

* Our gums and teeth may become sore and bleed.

FOOD SERVING
100g

## HOW MUCH VITAMIN C IS IN A FOOD SERVING?



FOOD SERVING
125ml

(Source: Native Foods and Nutrition. 1994. and Nutrient Value of Some Common Foods. 1987)

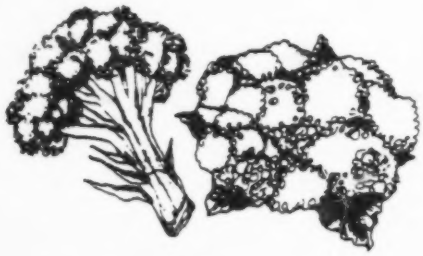
# Good Sources of Folacin

**Folacin is one of the B Vitamins. It is important for cell growth and healthy blood. Women who want to become pregnant or who are pregnant should eat foods rich in Folacin every day.**

Best Sources

Liver

Spinach

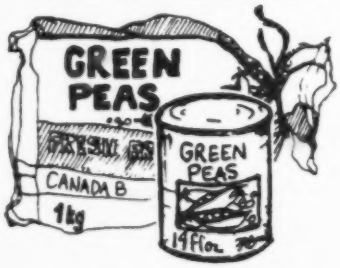


Broccoli • Cauliflower

Better Sources

Beans

Orange Juice




Green Peas

Better Sources

Canned Corn

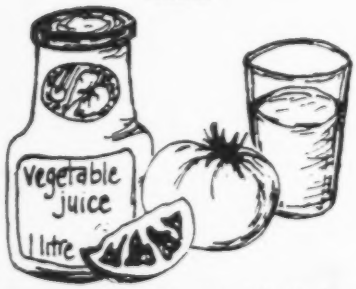
Green Beans

Beets

Good Sources

Lettuce

Nuts • Seeds • Peanut Butter

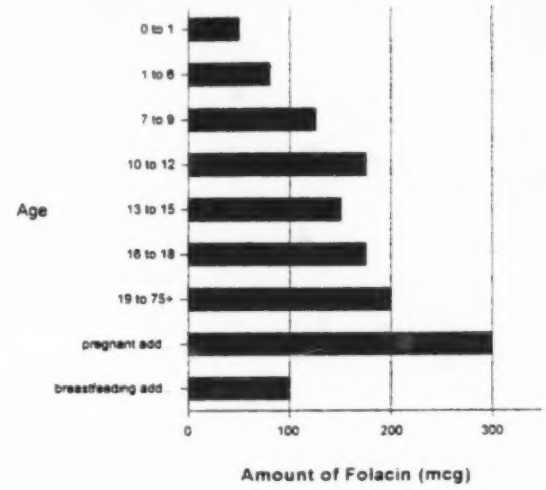



Tomato and Vegetable Juice

*Nutrition Program, Mackenzie Regional Health Service and Keewatin Regional Health Board. March 1995*

## *DAILY FOLACIN RECOMMENDATIONS FOR CANADIANS (mcg)*

(Approximate Values)




(Source: Nutrition Recommendations, 1990, H&W Canada)

## *WITHOUT ENOUGH FOLACIN ...*

* We may have poor growth.

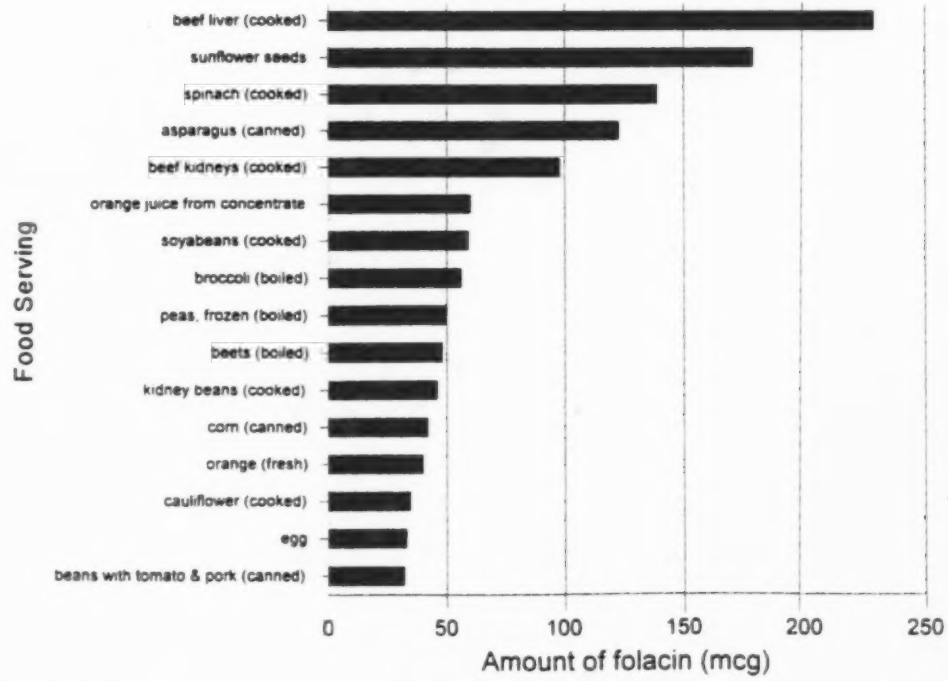
* We may develop anemia and be very tired.

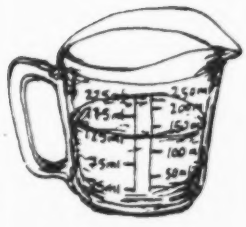
* We may have digestion problems.

### *FOLACIN IN TRADITIONAL FOODS!*

No information is available on the amount of folacin in traditional foods. We think that foods such as caribou and moose liver, and wild greens are rich in folacin.

## HOW MUCH FOLACIN IS IN A FOOD SERVING?




(Source: Nutrient Value of Some Common Foods, 1987, Health and Welfare Canada)